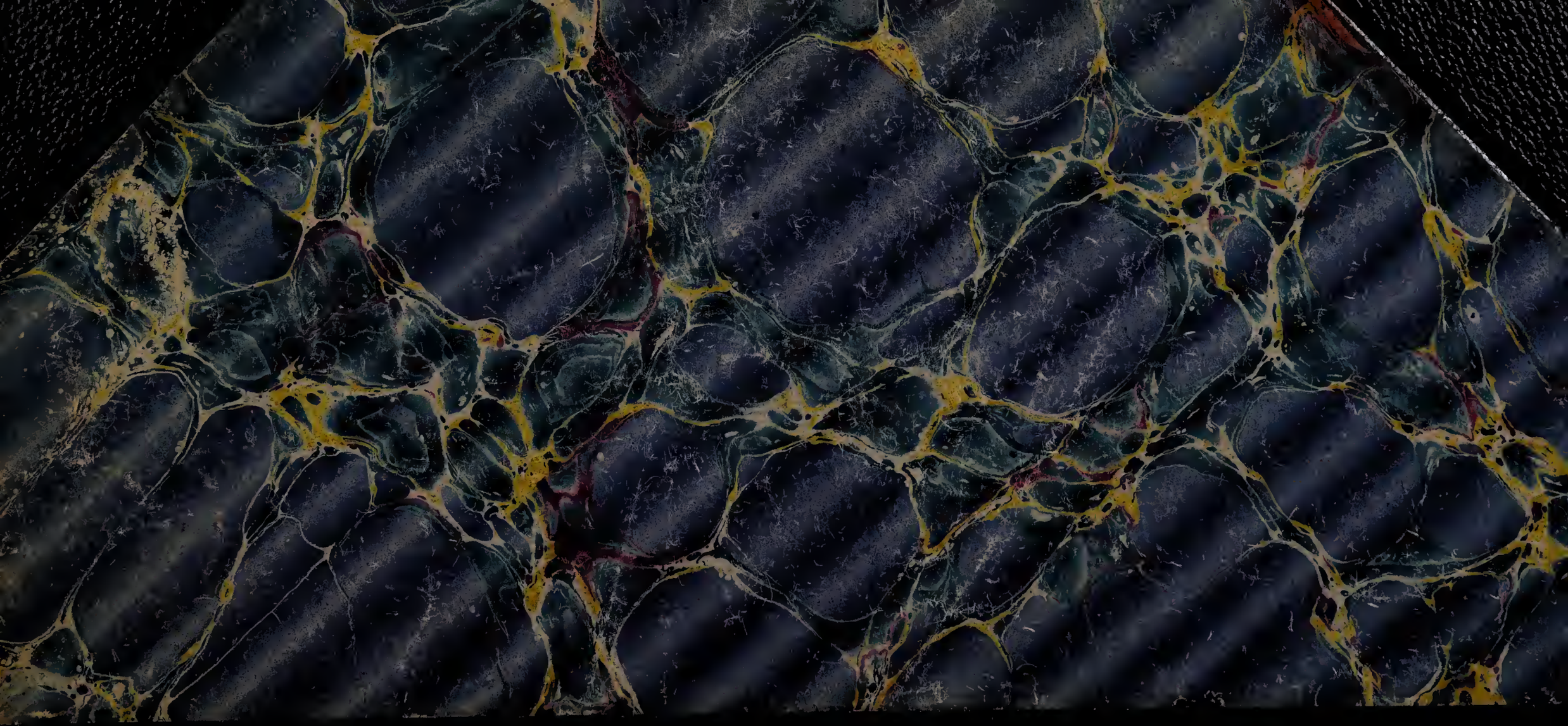

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Dictionarium Domesticum,

Being a NEW and COMPLEAT

Houshold Dictionary:

For the Use both of

CITY and COUNTRY.

SHEWING,

I. The whole Arts of BREWING, BAKING, COOKERY, and PICKLING. Also CONFECTIONARY in its several Branches.

II. The Management of the KITCHIN, PANTRY, LARDER, DAIRY, OLITORY, and POULTRY. With the proper Seasons for Flesh, Fowl and Fish.

III. The HERDSMAN: Giving an Account of the Diseases of Cattle, Poultry, *&c.* And the most approved Remedies for their Cure.

IV. The *English* VINEYARD; being the best Method of making *English* Wines and of Distilling most Kinds of Simple and Compound Cordial Waters.

V. The APIARY: Or, The Manner of Breeding, Hiving and managing of BEES.

VI. The *Family* PHYSICIAN and HERBALIST: Containing the choicest Collection of Receipts for most Distempers, incident to Human Bodies, hitherto made Publick; with the Qualities and Uses of Physical Herbs and Plants of *English* Growth.

By *N. BAILEY*,
Author of the Universal Etymological *English* Dictionary.

LONDON:

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THE

PREFACE.

THE Subject Matter of this Book relates to the providing, and well ordering of those Neceſſaries that are for the Suſtenance, Preſervation, or Recovery of the Health of Families, and eſpecially of that Part which is moſt peculiarly the Province of the Miſtreſs of it; Nature or at leaſt Cuſtom of the moſt Civilized and Polite Nations has diſtributed this Oeconomy into two principal Parts, which are commonly the Offices of the Maſter and Miſtreſs.

To the Firſt, the more arduous and difficult Part is properly enough allotted, as moſt agreeable to his more robuſt Conſtitution and ſuperior Qualifications; This is the procuring the neceſſary Supplies of the Houſe; whereas the eaſier Task of the Miſtreſs, is to take Care that the Proviſions be frugally and houſewifely ordered; both as to Matter and Manner.

As to the Office of the Maſter, it not properly being the Buſineſs of theſe Sheets, I ſhall forbear to ſay any Thing more of it.

THE Miſtreſs of a Farm, may find Directions for furniſhing the Houſe with the moſt common Neceſſaries of Life, as Bread, Drink, Fleſh, Fiſh, Fruits, and ordering them after the moſt frugal Manner: nor will a Lady be at a Loſs for the ordering the greateſt Delicacies in a more genteel and elegant Manner, befitting a more noble Table.

HERE

HERE are not only Inſtructions for the ordering the Dairy, Pantry and Larder, with Fleſh, &c. but the Cellar likewiſe with all Sorts of *Engliſh* Wines, Potable Liquors; and alſo the Cloſet with the beſt and moſt exquiſite Cordials and other diſtilled Liquors, Pickles, Confectionary, &c. Again, as for the Preſervation or Reſtoration of Health in a Family, here will be found an Account of the Vertues and Efficacies of all or the moſt known *Engliſh* Herbs and Plants, with Directions for their Preparations and Manner of Application in moſt of the Maladies, to which *Britiſh* Conſtitutions are liable.

AND beſide theſe you have numerous practical and eaſy Preſcriptions of the moſt approv'd and experienc'd Phyſicians, for moſt Diſtempers incident to Human Bodies.

BY which a well diſpoſed and generous Gentlewoman may be enabled, not only to be her own Family Phyſician, but with a ſmall Charge render herſelf uſeful and gain the Affections and merit the Thanks of her poor afflicted Neighbours.

IN the Uſe of this Dictionary, I would apprize the Peruſer, that in conſulting it, they would turn to all the particular Materials and Parts or Branches of the Operation; which will be found in their proper Places Alphabetically: As for Example, in the Article *Brewing*, turn to the Articles *Malt*, *Water*, *Hops*, *Boiling*, *Fermentation*, *Wort*, *Yeaſt*, *Tunning*, &c. and ſo for the Particulars of any other Article.

THE

FAMILY *Dictionary*, &c.

A B

ABSCESS, a diſeaſe to which poultry are incident. It is not an eaſy matter to perceive when this diſtemper ſeizes on hens, but by their being penſive and melancholic; upon which you are to examine their rumps, in which place the Abſceſs is commonly form'd, which when it has been for ſome time, it will breed corrupt matter, and be painful to them.

This diſeaſe proceeds from their being over heated and coſtiveneſs, which corrupt the whole maſs of blood, obliging nature to diſcharge it ſelf of what is burthenſome to it, to ſome part or other, and chiefly upon this part.

The readieſt method of cure, if not the only remedy, is to open or cut the Abſceſs with a pair of ſciſſars, and to preſs out the corruption with your fingers; which being done, give them to eat lettuce or blites chopp'd ſmall, mix'd with bran, keep'd in water, ſweetened with a little honey. See *Poultry*.

ABSCESS [in *Human Bodies*] See *Impoſthumation*.

An Old ACHE, mix two drams of oil of turpentine, with an ounce of *Lucatellus*'s balſam, warm it and anoint the part affected, laying a piece of new flanel upon it.

For ACHES *and* Bruiſes, *an Ointment.*

Put a quart of oil into a ſtone jar, that will contain two quarts; then take camomile, ſage, ſouthernwood and wormwood, of each two handfuls, the quantity of half a quarter of a peck of red-roſe-buds; cut off the white and ſhred all the herbs together groſsly, and put them into the oil; where let them remain for 9 or 10 days, ſtirring them every day; and when the *Lavender Spike* is ripe, put in two handfuls of the tops,

cover it close, and it having stood three or four days, boil them upon a slow fire for an hour; stirring it frequently; then add a quarter of a pint of the strongest *Aqua vitæ*, and boil it an hour more; then strain it through a cloth, and having stood till it is cool, put it up into glasses for use; warm a little in a spoon, and anoint the part affected.

Another.

Take adder's spear, alehoof, agrimony, amber leaves, Bay-leaves, camomile, hart's-tongue, unset hyssop, bone-wort, ladies-mantle, goat-rue, plantain, southernwood and wormwood, of each an handful, shred them and stamp them all together; then mix them with a pound and half of butter, that has no salt in it, and make it up into balls, and let it lie for a week or 10 days, then boil it over a gentle fire, and when it looks very green, strain it off and keep it for use.

ACORNS are of great use in feeding some animals, and especially *Swine*; and some tell us, that a peck a day and a little bran will make a hog increase in weight a pound a day for two months together.

They are also given to *Oxen*, mix'd with *Bran*; but the Acorns are first to be chopp'd, or otherwise they will be apt to sprout and grow in their bellies.

Some advise first to macerate them in water, in order to extract a certain malignity in them, which they say many times has kill'd cattle without this precaution.

Being chopp'd small, they will fatten pigeons, peacocks, turkeys, pheasants and other poultry.

As to their physical use, both the Acorn and husk, are us'd in many astringent medicines; they are good against the cholick, the gripings in women in childbed, and the dysentery.

It is to be separated from the husk and powder'd; the dose may be from one scruple to four, given in some liquor that is also proper for the disease for which it is given.

ADDERS TONGUE is very good to heal wounds, and even ruptures, and the falling down of the guts, especially in children, for which it is excellent; the whole plant being boiled in unfine wine, is good for running eyes; being often wash'd with its decoction; an oil is also made of it, as the oil of roses, which serves for the same purposes.

ADDERS TONGUE *Ointment*, to make. Take as much of the herb *Adders Tongue* as you think convenient, and a third part of that quantity of male *Plantain*; bruise them together

together in a mortar very well, then add to it freſh butter from the churn, well beaten from the butter-milk; but not ſo much of it as to make it looſe its green colour; mix it very well with the herbs; put it into an earthen veſſel, and let it ſtand three weeks or a month in ſome cool place, till it is grown mouldy, and then melt it down over a gentle fire, till the herbs grow criſp, then ſtrain it out into a proper veſſel, and keep it for uſe.

You may, if you pleaſe, when it comes off from the fire, diſſolve into it ſome fine and clear turpentine; which will make it the better.

It is a ſovereign and excellent remedy for any beaſt that has been ſtung or bit by any venemous creature, or for any bite of a ſnake, or any other accident; and likewiſe for any hard ſwellings in any part of the body, and eſpecially good for a *Garget* in a cows bag, being chafed in with your hand twice a day.

This ointment can be made only in the months of *April* or *May*, the herb being then to be found and in its prime; whereas it ſoon periſhes with a little heat.

AFTER-BIRTH } is the ſame that is by men-mid-
AFTER-BURDEN } wives and ſurgeons call'd *Placenta*, being a ſkin or membrane in which the child is wrapp'd in the womb, and which comes out or is brought away after it. It is a kind of piece of fleſh formed at the top of the womb, from whence it draws the nouriſhment, which is imparted to the child through a long gut, that abuts at the navel.

To aſſiſt in bringing away the *After-Birth*, give the woman ſome of the juice of the leaves of freſh ſmallage, pounded in the quantity of a good glaſs of white wine.

This is alſo very good for bringing away a dead child, and alſo very helpful in a *Tympany*.

If it be winter time, the ſeeds pounded and boil'd in wine or broth, and afterwards ſtrain'd and given the woman, will have the like effect.

Some recommend the powder of a horſe's teſticles, and given in broth or the like, as a wonderful remedy in this caſe.

AFTER-BIRTH, *to bring awry*. Give the woman 30 or 35 drops of oil of *Juniper*.

AFTER-PAINS, *to prevent*. Toaſt a quarter of an ounce of nutmegs before the fire, and half an ounce of good cinnamon, mix it with the white of an egg, by beating them together in a porringer; let the woman take every morning the quantity of a nutmeg, and the like at night, and after it drink a draught of the following caudle.

Take half a pint of *Alicant* wine or *Tent*, half a pint of *Red-roſe* water, and half a pint of plantane water; mingle theſe altogether, and having beaten ſix new laid eggs, make a caudle of them both yolks and whites; add half an ounce of cinnamon, which boil in the wine and water before you put in the eggs; ſweeten all with an ounce of double-refin'd ſugar, mixing all well together; then add a dram of the powder of knot-graſs; give of this ſix ſpoonfuls morning and evening after the electuary.

Another for the Same.

Boil a little *Bole-Armoniack* in new milk, and give it the woman morning and evening, whether ſhe is in child-bed or with child.

Alſo wrap ſome hog's dung in a fine linnen rag; warm it well, and lay it to the lower part of the belly, and it will give eaſe immediately.

AGARIC, an excreſcence growing in the form of a muſhroom, on the trunks and biggeſt branches of the largeſt trees, and old oak. It is of two ſorts, both *male* and *female*, the former of which is chiefly uſed by dyers; but the latter in medicine.

Agaric is hot and aſtringent, it gives eaſe in the gripes, *Sciatica*, and ſuffocation of the matrix.

A ſyrup made of it, is good for the ſame indiſpoſitions; and alſo purges away choler, melancholy and flegm; affords relief in the diſeaſes of the brain, falling ſickneſs, pains in the ſtomach and ſpleen, and provokes urine.

Some preſcribe it to be taken for an ague, a little before the coming on of the ague fit, and ſay it will keep off the cold fit.

It may be taken by it ſelf; but it will be better, if taken infus'd in water or wine. The doſe is from one dram to two, according to the ſtrength of the patient; but in an infuſion, from one dram to a dram and a half.

AGNUS CASTUS, *q. d.* the *Chaſte Lamb*, a plant call'd the chaſte plant or tree, of which ſome pretend that it will keep perſons chaſte, either by being eaten or drank, or being put into their beds.

The ſeed is good for increaſing milk in nurſes, provoking womens *Menſes*, and cauſing ſleep.

The doſe is a dram in a little wine.

Being mix'd with a little oil and vinegar, and apply'd to the head, it is good for lethargick and frenzical perſons.

The ſame doſe as before, being given before the coming of the fit of an ague, will cure it.

AGRIMO-

AGRIMONY, the ſeed being drank in wine, is good for the liver, bloody flux, and ſtinging of adders; the decoction made with wine, and taken inwardly, to the quantity of ſix ounces, is excellent againſt the retention of urine: A water diſtill'd from its leaves, is good for a cough, the ſtomach, jaundice, fever, and eſpecially for the cholick.

AGUE is an intermitting fever, which is of ſeveral kinds as *Quotidian*, *Tertian*, *Baſtard Tertian or Quartan.*

The *Quotidian* is ſo call'd from the fit or fever coming every day, uſually holding the perſon affected about 18 hours, and in the interval of 6 hours, the perſon is ſo far from being eaſy and comfortable, that on the contrary he finds himſelf as much fatigued and diſpirited as if he was ſtill in the height of the fit.

The *Quotidian Ague*, does not always proceed from the indiſpoſition of the ſtomach; but ſometimes from rotten phlegm, which is at firſt perceiv'd in the extreme parts of the Body; but by degrees diſperſes it ſelf through the whole and renders it, as it were of an icy coldneſs; but yet without any conſiderable ſhaking. After this a heat ſucceeds, which alſo is not violent.

The taſte of the perſon who is affected becomes inſipid, his mouth clammy; his countenance pale, livid or of a lead colour: he feels a weakneſs in his ſtomach and a pain in the ſide from the ſpleen; his pulſe is weak and ſlow; and is not uneven and irregular but upon the approach of the fit.

His urine is at firſt clear and thin; but when the matter is caked, it becomes troubled, high coloured, thick and plentiful; the cold fit diminiſhes it, and the hot encreaſes it.

If the patient do ſweat at all, it is not till towards the end of the diſtemper.

This ague holds ſometimes for the ſpace of 18 days in the ſame degree, nor does it begin gradually to diminiſh in leſs than 18 days more.

This ſiezes perſons rather at the end of autumn and in winter than in ſummer and the ſpring.

In this diſtemper it will be beſt to eat only light food and but little of it, eſpecially at firſt; but a little after the perſon may add a fourth or a fifth part more; his diet may be prepared of ſome eggs, a ſop with a little nutmeg or capers on it; and now and then a few olives and raiſins of the ſun, or biſket ſoaked in ſpaniſh wine. Let his drink be one part white wine and two parts water.

Let the patient be kept awake for 4 hours before the return of the fever, and rather be diverted or employ'd, than be ſuffered to ſleep, if poſſible at the beginning of the fit; nor will it be amiſs to put him into a paſſion, for that by agitating the humour will be aſſiſtant in digeſting the phlegm.

When the fit diminiſhes, a gliſter may be given him made of *Camomile Flowers*, *Melilot*, *Fennel*, *Aniſe*, *Coarſe Sugar*, *Violets*, *Honey* and *Sena*; and after 7 or 8 days, half an ounce of *Aloes* may be put into the gliſters.

It may not be improper alſo to take away ſome blood about the fourth or fifth fit.

If the patient be affected with a ſuppreſſion of the emrods or a ſtoppage of the *Menſes*, or the head-ache in the hinder part of the brain, there need not be any ſcruple made of bleeding in the foot; and if the urine be high coloured this may be done the more freely.

After the diſcharge of the gliſter the patient may be permitted to drink a dram of treacle in a little wine or cordial water.

No vomits are to be given before the 7th or 8th day of the patients ſickneſs; but however if any ſign of digeſtion or diſpoſition to it may be perceiv'd, you may do it with the more freedom.

After the eighth day the patient may be purged with half an ounce of the tables of *Diacarthamum*, half an ounce of *Diaphenic* diluted in a glaſs of the infuſion of 2 drams of *Sena*, a pinch of little *Centaury*, *Wormwood* or *Rice*.

This medicine may be repeated according to the patients ſtrength, and the doſe muſt be greater or leſſer according to the reſpective ages of the patients.

Some have recovered of this diſtemper in a ſhort time by taking the following potion in the midſt of the fit.

Mithridate and *Treacle* of each a dram in half a glaſs of *Carduus Benedictus*, water, or *white Wine*, ſweetened with half an ounce of Sugar.

Others have been perfectly cur'd by taking a glaſs of *Wormwood Wine*, an hour before the going off of the ague fit.

A Tertian AGUE is a diſtemper which returns every third day, proceeding from corrupt choler diſpers'd through the body.

It ſiezes the perſon ſuddenly, with a ſevere ſhaking that

that reaches all the parts of the body, and frequently towards the end of the fit cauſes vomiting.

The hot fit that ſucceds is general and violent, it affects the patient with a violent head-ache, difficulty of breathing, a continual thirſt, impatience, and oftentimes with ravings.

In the beginning of the cold fit the pulſe is ſmall, low, rare and thick; but when the fit is over it becomes light, frequent, quick and extended; and upon the decline of it, it returns to its natural temperament and the urine of the patient will be inflamed yellow and of an ill ſmell.

If there appears a white ſediment at the bottom of the patients urine on the firſt or ſecond day, the ague will either end with the third or the ſeventh, or if it continue beyond that time, it will hold him a long time.

For the cure of this ague, you may adminiſter a cooling gliſter at the end of the ſecond fit; and take from the patient two porringers of blood after the gliſter has been diſcharg'd.

If the fever does not end the third or fourth day, take the following ptiſan; *Sena* and mineral cryſtal of each half an ounce; liquorice bruiſed and cut into bits 2 drams; infuſe all cold in a pint of water for 24 hours, ſtrain it and take a glaſs of the infuſion after the cold fit is over, and the reſt one hour after another, and drink nothing elſe. Some affirm that this liquor will readly cure this ague.

The patient may during the height of the ſweat in the preceeding fits drink *white Wine* mixd with twice the quantity of barley water, made of dog's tooth, or of the roots of aſparagus, ſmallage, parſly or fennel. But if notwithſtanding theſe applications it continues you muſt have recourſe to the jeſuits bark.

The baſtard TERTIAN may be diſtinguiſh'd from the true, by theſe ſymptoms, that the cold fit is not ſo ſevere tho' it holds the patient longer; nor the hot fit neither; nor does it affect all the parts of the body; but this may afflict a perſon whole months.

This ague may proceed from a mixture of choler and flegm, which ſiezes on robuſt men in the prime of their years, who are of a more bilious than unactive diſpoſition; who watch much, drink little pure wine, and eat high ſeaſoned food. It ſiezes ſuch perſons more uſually in autumn and moiſt weather, than in other ſeaſons.

For the cure of this *Ague* it is not proper to let blood till

after the end of the fourth fit; and if in *Autumn*, bleed in the left arm; but if in *Summer*, in the right.

Give the patient gliſters made with a decoction of *Mercury Leaves*, *Flowers* of *Camomile*, *Melilot* and *Fennel* or *Anniſeed*, 4 ounces of common *Honey* and an ounce of *Diaphenick*.

The next day after the fit give the patient a purge of an ounce of cleanſed *Caſſia*, half a dram of *Rhubarb*, two drams of *Diaphenick*, and half a dram of *Agarick*, reduc'd to powder; make theſe into a bolus, to be ſwallow'd in a wafer; or you may mix them in a glaſs of barley water.

Repeat the purging 4 or 5 times, and afterwards give a dram of the jeſuits powder in a glaſs of white wine with an ounce of ſugar.

This muſt be given 4 hours after eating, and the patient muſt not eat for 4 hours after; and this muſt be repeated 4 or 5 days ſucceſſively at the beginning of the cold fit; but if the perſon be in a place where it cannot be had then the patient may take a vomit as ſoon as he finds a little digeſtion in his ſtools and urine. Vomits alone have cured ſeveral.

It is a general rule in all *Tertian Agues*, that if the choler comes away by ſtool, it is to be forwarded and aſſiſted by gliſters and purges; but if it comes away by urine, it muſt be forwarded by ptiſans made of *Pellitory of the Wall*, *Burdock*, juice of *Lemons*, *Cream of Tartar* or mineral cryſtal; or by emulſions made of the ſeeds of citrons, melons, cucumbers, gourds, purſlain and lettuce.

In the laſt place. If it comes away by vomiting, you muſt promote it by giving the patient ſome emetick wine in 2 ounces of *Barley Water*; 3 ounces of the decoction of *Radiſhes*, an ounce of *Honey*, and half an ounce of *Oil*, the whole being mixed together, and drank a little warm is a gentle vomit.

A Quartan AGUE is one the fit of which returns every fourth day; there are two ſorts of *Quartans*, the firſt has its ſeat in the ſpleen, being generated by a ſimple melancholick humour very incident to aged perſons who are naturally cold, dry, ſad and lumpiſh, and therefore it generally ſiezes on them in the autumn.

The ſecond proceeds from black choler ingendered in the liver, to which the ſpleen always contributes; this diſtemper moſt uſually ſiezes on young people and thoſe who are in the vigour of their age, and alſo in ſummer time.

The fits of that kind of *Quartan*, which proceeds from the ſpleen, are very much like to thoſe of the *Tertian*; ſaving that they are worſe in reſpect to thirſtineſs, the head-ache

and

and want of reſt; and there may be reaſon to fear a dropſy, which frequently happens to old people.

In this caſe they muſt out of hand take to a regimen, feed on good food, moderately ſeaſoned with ſalt, pepper, nutmeg, cloves, thyme, hyſſop or muſtard, and drink good white wine; But they muſt take care not to eat any raw fruit, ſallet, lettuce, nor fiſh, and alſo be very regular on the fifth day.

The patient muſt not be let blood till after the fourth or fifth fit; and if the blood be black, then this bleeding muſt be repeated; but if it be red, bleed no more.

As for ſuch perſons who have had ſome old emrods, tho' they have been thoroughly cured, the beſt way is to open them with leeches, and afterwards to take the following purge, faſting in the morning, the day after bleeding.

Take two drams of *Polypody*; *Balm-gentle*, *Fennel* and hops, of each two pinches; boil the whole together in a pint of water, till one half is conſumed; ſtrain the decoction and put in ſix drams of double *Catholicon*, and an ounce of the compound ſyrup of apples.

You may repeat this purge four times between the fits, adding to the third and fourth, two drams of *Sena*, and half an ounce of the confection *Hameck*, and two drams of double *Catholicon*, and after that give the *Bark*; after the uſual manner.

But the ſureſt way is to make an opiate with half an ounce of *Rhubarb* pulveriz'd, mixt with ſyrup of ſuccory, of which let the patient take the quantity of a nutmeg in the morning faſting.

There are beſides theſe ſeveral other *Agues*, which are more irregular than a *Quartan*, yet are to be dealt with after the ſame manner; as for example,

An *Ague* that comes two days together, and does not on the third; or one which comes on the fifth, after a reſpite of four days, and ſo others which are more or leſs ſlow; and therefore without being puzzled in regard to the cure of ſuch different *Agues*, follow the directions before given for *Quartane Agues*, which takes its riſe from the ſpleen.

There are likewiſe other ſucceſsful remedies for a *Quartan*.

Take the leaves and flowers of yellow *July*-flowers, pound them with a little ſalt, and when the cold fit comes on, put the whole upon the future of the head, between two linnen cloths; and there let it continue for 24 hours: Or,

Sow a penny-worth of *Camphire* in a piece of ſcarlet cloth, with ſilk of the ſame colour; hang this about the patient's neck;

neck; ſo that the whole may lie upon the ſtomach, and as the *Camphire* diminiſhes, ſo will the ague alſo diminiſh; and when the *Camphire* is quite waſted put more into the cloth.

To cure an AGUE, mix the powder of white *Hellebore* roots with right *Venice Turpentine*, till it is ſtiff enough to ſpread on leather. Lay the plaiſter over the wriſt, and over the ball of the thumb, ſix hours before the coming of the fit.

Another for the Same.

Pound *Olibanum*, *Plantane*, *Ribwort*, *Rue* and *Smallage* all together, with a little *Bay-Salt*; put them into a thin bag, lay it to the wriſt of the patient, a little before the coming of the cold fit

Another for the Same.

Give the patient as much *Virginian Snake-root* dry'd and powdered, as will lie upon a ſhilling, in a glaſs of *Sherry* or *Sack*, juſt before the coming on of the cold fit; repeat this two or 3 times, till the ague is gone.

Another for the Same.

Infuſe an ounce and a half of the beſt refin'd *Aloes* in a quart of brandy for 48 hours; and let the patient take four ſpoonfuls juſt before the coming of the fit.

Another for the Same.

Put an ounce of white *Sugar Candy* into a pint of *Red Roſe* water; ſqueeze in the juice of 3 *Sevil* oranges; all being mixt together, drink it off an hour before you expect the coming of the fit, and it will cure in once or twice taking.

Another for the Same.

Pound nine cloves of garlick with tobacco duſt and ſoot, of each equal quantities, which mix with ſoap into a pretty ſtiff paſte, of which make two cakes, ſomething broader than a ſhilling, but thicker; lay them on the inſide of the wriſts, and bind them on with a linnen cloth, about an hour before the coming on of the fit, If it does not cure the firſt time, repeat it in three or four days with freſh.

Another for the Same.

Take two pounds of rue, the ſame quantity of green walnuts, before the ſhell is hard; two pounds of good figs, bruiſe all and diſtil them. Take a draught of this before the coming of the fit, and endeavour to ſweat after it.

AIR is one of the four elements; that which we breathe in about the earth, is fill'd with vapours, which ſlide away continually from different parts of the earth.

This *Air* enters into our lungs, and mixes it ſelf with the parts of our blood, to which it is neceſſary to facilitate the circulation of it, from the heart to the extreme parts of the body, and back again to the heart.

The air does alſo contribute to the good or bad ſtate of our health, by the vapours and exhalations contain'd in it; ſo far as they are capable of corrupting thé blood, or keeping it in the ſtate it ought to have, that ſo it may run freely in our veins: Nor is there any thing that can more eaſily alter our bodies and ſpirits, than the air; for upon the qualities of the air, the good or bad diſpoſition of our ſpirits, humours and all the parts of our bodies do entirely depend; and therefore in order to prolong life and preſerve health, we ſhould endeavour to breathe in a wholeſome air, and avoid a bad, or if that cannot be, we ſhould endeavour to correct it.

The air revives our ſpirits, exhilarates the heart, ſubtilizes the ſenſes, ſharpens the underſtanding, and ſtrengthens the limbs in ſuch a manner, that all the parts, as well animal and vital as natural, are made more perfect in their actions, and of conſequence, what is oppoſite to them, produces quite contrary effects.

If the air be corrupted or unhealthful, and a perſon can't conveniently go out of it, he may purify it by art, by burning *Roſemary*, *Cypreſs*, *Juniper*, *Laurel*, *Vine-Twigs*, *Aloes*, *Saunders* or *Aromatick* gums; as, *Frankincenſe*, *Styrax*, *Calamus*, *Benjamin* and the like.

ALDER TREE. Authors tell us, that the freſh leaves of *Alder* apply'd to the naked ſole of the foot, infinitely refreſhes the ſurbated traveller.

The inner rind of the black alder, being dry'd in the ſhade and not us'd green, purges all hydropick and ſerous humours; and the decoction let ſtand to ſettle two or three days before it is drank, being beaten with vinegar, it perfectly cures the itch.

The root of *Alder* is accounted opening and inciſive, helps digeſtion and womens *Menſes*, is good for aſthmatick and cold

cold ſtomachs; its bark and fruits are reckoned aſtringent, cooling, and proper for inflammations in the throat.

The leaves bruiſed are good for diſſolving tumours, ſtop and qualify enflamed humours: Some ſcrub bedſteads with the decoction, to kill fleas.

The Method of brewing ALE *or* BEER.

Put 16 gallons of water into your copper, ſtrew over it as much bran as will cover it, make it ſcalding hot, then put a third part of it into the maſhing tub, where let it ſtand till the ſteam is ſo far ſpent, that you can ſee your face in the liquor; then put to it a buſhel of malt, ſtir it very well into the liquor: In the mean while, make the reſt of the water left in the copper, boil; then either damp or put out the fire under the copper, that the liquor may be allay'd in its heat; and then put it into the maſhing tub, and ſtir it all well together: If you ſuſpect any ill taint in the malt, you may put in a ſhovel or two of hot coals to take it off.

While this liquor ſtands upon the malt in the maſhing tub, heat 16 gallons more of liquor; and having drawn off your firſt wort, put part of it upon the grains, and put in three pecks more of freſh malt; then put upon it the liquor in the copper, ſtirring it as before; then put the firſt wort into the copper again, make it ſcalding hot, and put part of it into a ſecond maſhing tub, and when the ſteam is over, ſtir in it three pecks more of freſh malt; then put in the reſt of the water and ſtir it well, letting it ſtand two hours: Then heat another 16 gallons of water; and after that which was put into the firſt maſhing tub has ſtood two hours, draw it off, and alſo that wort which is in the ſecond maſhing tub, and put the grains out of the ſecond maſhing tub into the firſt; and into it, the liquor in the copper, and let it ſtand an hour and a half.

If you would have beer, boil the firſt wort with half a pound of hops for two hours, or till it looks curdled: and if for ale, boil the ſecond wort with three ounces of hops for an hour and a half; and boil the hops of both worts for an hour and a half, in the other liquor for table beer.

To make a purging ALE.

Take garden *Scurvy-graſs*, *Burdock-Roots*, bruiſed, and blue currants, of each ſix ounces; of *Horſe-radiſh* roots ſcraped, and *Rhubarb* ſlic'd, of each an ounce; the roots of

ſharp-

ſharp-pointed *Dock*, and monks *Rhubarb*, of each two ounces; of *Mechoachan* and *Scna* two ounces and ſomething more, *Anniſeeds*, *Carraway ſeeds*, *Coriander* and *Daucus* ſeeds, bruis'd, of each an ounce, and add two *Sevil* oranges ſlic'd.

Put all theſe ingredients into a canvas bag, with a ſtone in it, and hang it in two gallons of new ale in an earthen ſtean, let it work, and in three days it will be fit to drink.

The draught of it ſhould be a pint in a morning.

To make Dr. Butler's *purging* ALE.

Take *Polypody* of the oak, and *Sena*, of each a quarter of a pound, *Sarſaparella*, two ounces; anniſeeds and carraway ſeeds, of each an ounce; of *Scurvy-graſs* half a buſhel; *Agrimony* and *Maiden-hair*, of each a handful; bruiſe all theſe moderately in a mortar, and put them into a canvas bag, and hang them in three gallons of ale; let it ſtand three days, and it will be drinkable.

ALE *of* HEALTH, *according to the Recipe of the Viſcount St.* Albans.

Take *Sarſaparilla*, 3 ounces, *Saſſafras*-wood and *China* root, of each half an ounce; white *Saunders* and *Champity-tyon*, of each an ounce; of mace a quarter of an ounce: Let the wood be ſliced as thin as can be, and all be bruiſed together in a mortar.

Then add *Roman Wormwood*, *Hops* and *Cowſlip* flowers, of each two handfuls; *Sage*, *Roſemary*, *Sweet-Marjoram*, *Balm*, *Mugwort* and *Betony*; all together four handfuls.

Boil all theſe together in ſix gallons of ale, till it is conſumed to four; then put the wood and ale into ſix gallons of ale of the ſecond wort, and boil it to four gallons.

Then let all the ale run from the dregs, mix it together, and put it up in a veſſel.

Scurvy-graſs ALE.

To three gallons of ale, put a quarter of a pound of *Sena*, three quarters of an ounce of *Rhubarb*, one ounce and a half of *Polypody* of the oak, two ounces and half of winter *Cinnamon*; an ounce and half of *Bay*-berries, an ounce and half of *Anniſeeds*, an ounce of ſweet *fennel* ſeeds, an ounce and half of *Juniper* berries, an ounce and half of *Horſe-radiſh*, and

and ſix *Sevil* oranges cut in pieces; put all theſe ingredients into a bag, into which put a ſtone to make it ſink; then take a pint or pint and half of the juice of ſcurvy-graſs, clarify it over the fire, and when it is cold, put it into the ale and tun them; let them all work together for 24 hours, then ſtop the veſſel cloſe, let it ſtand ſix days, and drink of it a pint in a morning faſting, and as that works you may either add or diminiſh the quantity,

When the liquor is out, you may put in three gallons more of ale; freſh *Scurvy-graſs* and oranges.

To reſtore decay'd ALE *or* BEER, *or to* BOTTLE *it.*

When the briſkneſs and livelineſs of malt liquors in the caſk fails, and they begin to turn faint, deadiſh or vapid, let them be drawn off and bottled up.

The beſt method of bottling beer is to take a quart of clean water, to which put half a pound of clean ſugar, boil them gently and ſcum it, then add a few cloves, or cinnamon and mace, let it cool, then put yeaſt to it, and work it well, ſcum it again, and while it is in a ſmiling ſtate, put three ſpoonfuls of it into every bottle, then fill them up with the drink, and cork them well, or put a few cryſtals of *Tartar* into each bottle, or the eſſential ſpirit of barley or wine will have the ſame effect; or if you have not theſe, a lump of loaf-ſugar, or four or five raiſins bruis'd, or a few grains of barley bruis'd.

If you would have your ordinary beer flower in the cup, boil a little wheat bran in the wort; or if bottled, put in ſome grains of wheat or barley, or raiſins, or a bit of loaf ſugar, *&c.* in every bottle; or if you would have your beer keep better, add a little wheat to the malt, it will inrich the wort, and add ſpirit to the malt.

If Ale be drawn off, either for drinking or bottling, while the barmy or yeaſty cruſt is falling down, it will be thick, muddy and unpleaſant, but as the cruſt falls down, it clarifies the liquor, for it attracts the groſſer parts to it ſelf, and ſo clears and fines it.

Or if the ale be drawn off after the barm is fallen down, it is flat, weaker and more diſagreeable; for during the fermentation, the ſpirituous parts of the liquor being broken ſmall by the action, it riſes up, and is entangled in the cruſty ſcurf, which after it is precipitated to the bottom, the ale begins to work or feed upon its own dreg or mother. It reimbibes the ſpirit it had thrown off, and riſes up into the

yeaſt,

yeaſt, and leaves the laſt impoveriſh'd of its entangled ſpirits.

When the ale has re-abſorb'd this ſpirit, it becomes fine, ſparkling, tranſparent and ſpirituous; and this 'is what is meant, when we ſay it is ripe; but a new and unſeaſoned caſk, drinks in thoſe ſame ſpirits which the liquor ſhould have back again.

ALISMA, a plant growing in mountainous places, is ſudorifick, and diſſolves coagulated blood. The root is good againſt the biting of venemous creatures, and the diſtempers of the womb, The decoction of it is ſaid to break the ſtone in the kidneys, provokes urine and womens *Menſes*.

Spirit of ALKERMES.

Take proof ſpirits, three quarts; water two quarts, in which put to macerate and infuſe orange peel and cinnamon of each two ounces; bitter almonds; lemon peel; nuts and roſemary flowers, of each one ounce. Diſtil theſe and add the juice of *Chermes*, half a pound, double refin'd ſugar half a pound, amber-greaſe rubb'd and mix'd in the ſame ſugar, half a ſcruple; digeſt theſe for ſome days, filter and add half an ounce of leaf gold.

ALLELULA, a wood or *French* ſorrel, is a plant of ſingular-uſe in fevers and agues, defending the heart from all infection.

To make ALMOND *Biſket.*

Take three quarters of a pound of blanch'd almonds in cold water, beat them well with roſe-water; to keep them from oiling, and having beaten the yolks of ſix, and whites of 12 eggs very well for an hour, beat them with three pound of fine ſugar, put in your almonds with about 15 ſpoonfuls of grated bread or fine flour; make this paſte up into proper ſhapes, and ſet them on plates, ſift ſome ſugar over them, and ſet them into an oven moderately hot.

To order or prepare blown ALMONDS.

Firſt, Scald and blanch the almonds, then ſtir them about in the white of an egg, then put them into powdered ſugar, and roll them well in it.

Having iced them over once, if you find that they are not

done

done enough, dip them again in the white of an egg, and then again into the powdered ſugar.

Then you may lay them upon a ſheet of paper, and bake them in an oven with a gentle fire.

To burn ALMONDS.

Set a pound of *Jordan* almonds before a hot fire, or in an oven, till they are become very criſp; then having put an ounce of chocolate, and 12 ounces of fine ſugar into a quarter of a pint of water; boil them almoſt to a candy; and then put in the almonds, and as ſoon as ever they are juſt hot take them off the fire and ſtir them, till the ſugar grows dry and hangs about them: Put them out of the pan, and ſeparate them from one another.

To make ALMOND *Butter.*

Take eight eggs, beat them very well and ſtrain them, put them into a pint of cream, ſet them on a ſlow fire and keep ſtirring them continually, and when it is ready to boil, put in two ſpoonfuls of ſack, ſtill keeping ſtirring it till it comes to a curd; then ſtrain the whey from it very clean, and having ready two ounces of blanch'd almonds, beaten with roſe-water, put the curd into either a wooden or ſtone mortar, with a few of the almonds by degrees; and pound it with 12 ounces of fine ſugar, till you have put in all the curds and almonds, and being beaten enough, put it into pots or glaſſes, and eat it with bread. It will keep good two or three months.

Another Way.

Pound half a pound of almonds very fine, mix them with a pint of good cream; ſtrain the cream, and get out as much of the pulp of the almonds as you can through the ſtrainer; ſet it on the fire, and when it is ready to boil beat the yolk of ſix eggs, and but two of the whites, very well, put them in and ſtir it on the fire till it turns to a curd; then add a quarter of a pint of cold milk, ſtir it well and ſtrain away the whey, and when it is cold, ſweeten it to your palate.

ALMOND CAKES.

Blanch two pounds of almonds in cold water, then beat them

them well with roſe-water, till they have loſt their gliſtering; then add a pound of fine ſifted ſugar; and pound all together till they are very well mix'd; then having ready the whites of four eggs, and four ſpoonfuls of fine flour, well beaten together, pour in your almonds; and having butter'd the plates and duſted them with flour and fine ſugar, ſet them into an oven till they are become browniſh; then draw them out, let the oven cool a little, and they will become much whiter than before.

An ALMOND CAUDLE.

Put half a quarter of an ounce of cloves and mace into a quart of new ale; and alſo ſome ſlices of white bread; then put in ten ounces of blanch'd almonds well beaten, and three quarters of a pint of white wine; let theſe all boil well together, and ſcum them well; and when it is grown thick enough, ſweeten it to your palate. This is nouriſhing and good for a conſumption.

ALMOND CHEESE.

Having pounded a proper quantity of almonds very fine, make a poſſet with ſack and cream; then mingle the curd with the pounded almonds, and ſet it over a chafing-diſh of coals, adding a ſufficient quantity of roſe-water and double-refin'd ſugar; then faſhion it in the ſhape of a cheeſe or a pye plate; put it into a diſh, ſcrape fine ſugar over it, and let it ſtand till it is cold, and then ſerve it up.

ALMOND *Cream.*

Put a pound of harts-horn in five pints of water, and boil it to the conſumption of almoſt one half, ſtrain it through a jelly bag; to this put 12 ounces of almonds, pounded to a fine paſte, with two ſpoonfuls of good orange-flower water, and 12 or 16 ſpoonfuls of thick ſweet cream; then put it into a ſkillet, with near the ſame quantity of cream to the jelly, and all the juice of the ſtrain'd almonds; and having ſweetened it to your taſte with double refin'd loaf-ſugar, ſet it over the fire, and keep ſtirring it till it is cold; then pour it into narrow bottom'd drinking glaſſes, let them ſtand a day, and when you would turn out your cream, put the glaſſes into warm water for the ſpace of a minute, and it will turn out readily in the form of a ſugar-loaf.

Another ALMOND *Cream.*

Blanch and beat half a pound of almonds very fine, put to them a quart of cream; then boil them both together, then ſweeten it, and add the whites of four eggs well beaten; ſet it on the fire till it is juſt ready to boil and grow thick.

Another Way.

Having blanch'd and pounded a pound of almonds very fine with a little orange flower water; and having ready two quarts of cream, boil'd, cool'd, and ſweetened put the almonds into it, and having well mix'd them paſs the liquid through a canvaſs bag; then ſet it on the fire, ſtir it till it thickens and pour it into glaſſes; you may if you pleaſe put in two grains of amber-greaſe,

Raw ALMOND CREAM.

Blanch and beat half a pound of almonds (either ſweet or bitter) very well, mix them with two quarts of cream and the juice of ſix or eight lemons; ſweeten it to your taſte, and whip it in a tray with a whiſk; as the froth riſes, put it into a hair ſieve that it may grow ſtiff; then put it into glaſſes or baſons.

A rich ALMOND CREAM *to jelly.*

Having firſt made a ſtrong jelly of harts-horn of half a pound of harts-horn to a quart and half a pint of water, boil it to the conſumption of near half, then paſs it thro' a jelly bag; and having ſix ounces of almonds well pounded with a ſpoonful of orange flower water and ſix or eight ſpoonfuls of very thick cream, mix pretty near equal quantities of cream and jelly in a ſkillet, ſtrain in the almonds and ſweeten it to your palate, ſet it on the fire. Stir it with care till it is ready to boil, take it off, keep ſtirring it till it is almoſt cold, then pour it into narrow bottomed drinking glaſſes, in which let it ſtand a whole day; when you have a mind to turn it out, put the glaſſes into warm water for a minute and it will turn out in the form of a ſugar loaf. This is call'd ſteeple cream.

An ALMOND CUSTARD.

Take a pound of almonds blanch and pound them fine with roſe water, then ſtrain them with a quart of cream, the whites of 10 eggs, and half a pound of fine ſugar; put the cuſtard into cups or cruſt, and bake them in a ſlack oven; when bak'd ſet them on a diſh; ſtrow on them biſkets red or white; ſtick muſcadines red and white, and ſcrape on them double refin'd ſugar.

To ice ALMONDS.

Blanch the *Almonds*, put them into an ice that has been prepared with the white of an egg, powdered ſugar, orange or lemon flowers and *Sevil* oranges, roll them well in this compound, ſo as that they may be neat, then dreſs them on a ſheet of paper and bake them in a campaign oven, with a gentle fire both at top and underneath.

ALMOND LOAVES.

Having pounded a pound of almonds very fine, mix them with three quarters of a pound of ſifted ſugar; ſet them over the fire, keep continually ſtirring them till they grow ſtiff; then add to them the rind of a lemon grated; make the maſs up into little loaves; ſhake them very well in the whites of eggs, beaten up to a very ſtiff froth, that the egg may hang about them.

Then put them into a pan with a pound of fine ſugar ſifted, ſhake them, till they are well covered with the ſugar, if they ſtick together part them, adding more ſugar till they begin to be ſmooth and dry, and when you put them on papers in order to baking, ſhake them in a pan that is juſt wet with the white of eggs, and bake them after biſcuit on papers or tin plates.

ALMOND PASTE.

Lay two pound of almonds all night in water; the next morning warm water to blanch them; afterwards pound them very fine with roſe-water; allowing for each pound of almonds a pound and quarter of fine ſugar, wet the ſugar with water, and boil it to a candy height, then add the juice of a couple of lemons and the rind grated; keep ſtirring it while it is

upon the fire and drop it on glaſs and ſet it in a hot ſtove. It will be dry in 12 hours; then turn it that it may dry on the other ſide.

To make ALMOND-PASTE *bitter or ſweet.*

Blanch a pound of almonds, pound them, moiſtening them with a little roſe-water, juſt enough to keep them from oiling; and having boil'd a pound of fine ſugar to near but not quite a candy height, put in the almonds, let them ſtand on a ſlack-fire, ſtirring it till it comes to a very dry ſtiff paſte and almoſt cold and ſet it by till it is quite cold; then pound it well in a mortar, and add to it a pound and half of fine ſugar finely powdered.

Rub theſe very well together, and make it up with a ſpoonful of well ſteep'd gum-dragon and the whites of eggs whipp'd into a froth; then ſquirt it and bake it in in a cool oven. Bake them on papers and tin-plates.

Into the ſweet almonds put in the rind of a lemon grated but not any into the bitter.

If the firſt paſte be not made ſtiff it will run about the oven.

ALMOND PUDDING.

Pound half a pound of good ſweet almonds with a little orange flower water to keep them from oiling, mixing with them three or four grated biſkets half a pound of butter and four or five ſpoonfuls of ſack, the yolks of eight and whites of four eggs, and a quart of cream, ſweeten theſe with ſugar to your palate; lay a puff paſte at the bottom of a diſh, garniſh the edge with paſte, pour in your mixture and bake it.

Another way very delicate.

Boil a quart of cream and when it is cold, put to it the whites of ſeven new laid eggs, that they may be beaten to a froth, blanch five bunches of fine jordan almonds, and beat them fine with a little orange flower water (or you may pound the almonds with a little fair water and a little nutmeg to keep them from oiling) then mix them with the cream and whites of eggs, ſweeten it with fine powdered ſugar, and lay on the top ſome thin ſlices of orange, lemon and citron peel, neatly cut.

Lay a thin cruſt in the diſh, pour it in and garniſh the brim with the ſame.

Let it be bak'd in a gentle oven, and when the cruſt is bak'd it will be enough.

ALMOND PUFFS.

Blanch a quarter of a pound of almonds, pound them very well with orange flower water and ſifted ſugar till they are become very fine, then whip the whites of ſix eggs and mix with them, and add as much ſifted ſugar as will make it into a paſte; then make it into cakes and bake them in a ſlack oven.

An ALMOND *Tart.*

Having rais'd a very good paſte an inch deep and in form ſix cornered, and the almonds being ready blanch'd and finely beaten with roſe-water, allowing an equal weight of ſugar to that of the almonds; alſo a little cream, grated bread, nutmeg, and as much juice of ſpinage ſtrained as will give the almonds, *&c.* a green colour; bake it in a gentle oven; not ſhutting the door; when you draw it ſtick it with orange or citron.

To preſerve ALMONDS a la Siamoiſe.

When you have dry'd your almonds and brought them to a reddiſh colour in the oven, throw them into par-boil'd ſugar, ſtir them about in the pan without ſetting them over the fire: then lay them in order upon a grate, and ſet them in a ſtove; if you would have them ſerv'd up in that manner.

Otherwiſe take them out of the pan, roll them up one by one in powdered ſugar, and ſtir them continually about, that they may be covered on all ſides with the ſugar. Then afterwards take them out and ſtove them upon paper.

To put ALMONDS *in Sugar.*

To do this ſee the article *pared* APRICOCKS and obſerve the ſame directions: Thus for every two ladles full of clarified ſugar take one of water, till you have a quantity ſufficient for ſoaking your *Almonds* or rather more, becauſe it will afterwards ſerve to augment the ſyrup in other boilings or for ſome other uſes.

Heat the ſugar and water as hot as you can well endure your finger in it, and pour it upon the *Almonds* in an earthen pan, and let them ſtand thus till the next day; then having put all into a copper pan, ſet it over the fire, and heat it till

it is juſt ready to boil; then turn them out again into earthen pans, or leave them in the copper pan till the next day, and then drain them in a cullender, and give the ſyrup ſeven or eight boilings, augmenting the quantity of it with a little ſugar. Then throw in the almonds ſome time after and let them ſimmer together.

The ſame thing you muſt repeat for four or five days ſucceſſively, giving the ſyrup ſome other boilings, augmenting it with ſugar every time, that the fruit may be always equally ſoak'd.

Laſt of all boil the ſyrup till it has attained its pearled quality, and if there be need, add other pearled ſugar to it, ſo that the fruit may be conveniently ſlipt into the pan and have a covered boiling.

Then take it off the fire ſcum it, and when the almonds are cooled lay them in a cullender to drain in order to be laid on ſlates or boards to be dry'd in the ſtove.

The next day turn them on the other ſide, and afterwards put them up in boxes, when you find they are become firm and dry.

An ALMOND TANSEY.

Take a quart of new milk two ounces of the flower of ſweet almonds; half an ounce of lime juice, and half a quarter of a pint of the juice of ſtrawberries; to which put half a pound of fine ſugar and half a pint of canary, ſtir all together and beat them till they froth, and be of a pleaſant colour.

To cleanſe and boil green ALMONDS.

Set over the fire water in a pan with new aſhes; and ſcum off the coals that ſwim at the top; let them boil till you find the liquor to be ſweet and ſlippery, and then take the pan off the fire, and let it ſtand for ſome time in order to ſettle, that you may have clear liquor.

Then ſet it on the fire again till it begins to boil, then throw in three or four almonds, and take notice whether the flocks or huſks that cover them be well clear'd, if not you may conclude that the lye is not good; and you muſt either render that better by putting in freſh aſhes or make new lye: or elſe you will find the almonds will only open and ſlit, and not be cleanſed.

But if on the contrary you find that the huſks ſlip off eaſily, you may put the reſt of the almonds into this lye; but you

you muſt prevent them from boiling by keeping them continually ſtirred about, with the handle of the ſkimmer.

As ſoon as you perceive that the huſks will eaſily rub off, you muſt take them out and ſhake them a little in a linnen cloth, holding it at both ends; then open one of the ends of the cloth, drop the almonds into a pan of fair water; waſh them well. Pierce them through the middle with a knitting needle, or ſome other the like inſtrument; and as you do them throw them into other fair water.

This way of preparing and cleanſing *Almonds* is more certain, than giving them ſome boiling in the lye, before they are taken out: or to put them into it with the aſhes; for if a great care be not taken, there is danger that it will cauſe them to open.

To bring ALMONDS *to their green colour again.*

To do this, it will be neceſſary to change the fair water and to boil them in it over a quick fire.

They may be alſo ſcalded or ſtew'd by degrees, without being boiled at all: In order to do which

Put the *Almonds* into a pan of water, and lay upon them a diſh almoſt of the ſame ſize with the mouth of the pan, to keep them from riſing on the top; and conſequently from turning black, and when the liquor is ready to boil, pour in ſome cold water by degrees.

By either of theſe methods, it may be eaſily known when the *Almonds* are ſufficiently prepar'd, by their ſlipping off from the pin, at which very inſtant they ought to be taken off the fire and ſet by to cool.

To make ALMONDS *become green.*

Some adviſe not to uſe any ſalt to them as to apricocks, but to make a lye either of aſhes or lees of wine: Then waſh the almonds and cleanſe them well and throw them into the boiling water, and try whether they are boil'd enough with a pin, becauſe they will in that caſe burſt; then throw them into cold water, and afterwards ſet them to drain.

In the next place, they are to be put into clarified ſugar, which ſhould be light; and when it boils, that they may take a green colour, diſpatch the work for fear they ſhould turn black; and to preſerve them, put pound for pound of ſugar to them, and take care that the ſyrup be neither too much boil'd, nor quite enough.

To criſp ALMONDS *of a white colour.*

Having ſcalded and blanch'd the almonds, put them into ſugar boiled to the fifth degree, called the *crack'd boiling*, keeping continually ſtirring them, till they have had a walm or two, that the ſugar may ſtick cloſely to them.

ALMONDS *of the Throat* lis a glandulous ſubſtance, like two kernels, plac'd on each ſide the *Uvula*, at the root of the tongue; being covered with the common Tunic of the mouth, having veins and arteries from the *Carotides* and Jugulars.

The ſubſtance of them is ſoft and ſpongy, and they have ſeveral ſinews within them, which contain the liquor call'd *Saliva*, which they receive from the brain, and do moiſten and lubricate thoſe parts by diſperſing it to the larynx, jaws and tongue.

When theſe are enflam'd or ſwell'd by a cold *&c.* they very much ſtraiten the paſſage of the throat and render ſwallowing painful and difficult, and help to cauſe what is call'd a ſore throat, and is vulgarly call'd the coming down of the *Almonds of the throat or ears.*

ALMONET *or* WHITE JELLY.

Take a pound of almonds, blanch them and pound them very fine with a little orange flower water; juſt enough to keep them from oiling; then mix them up with ſome jelly that has not been much weaken'd with wine and lemon (ſee harts horn jelly) this will colour three pints of jelly; paſs this through a very fine hair ſieve often, and ſtir it till it grows thick; that the colour of the almond may not ſettle to the bottom, pour it into pretty ſharp glaſſes, that it may look handſome, when turn'd out on *China* plates.

AMBER. The ſimple preparation of it by grinding it upon a porphyry to a powder, is good for the brain, ſtomach, bowels and womb, and on all occaſions where there is a neceſſity of binding.

The oil extracted is of uſe in apoplexies, epilepſies, convulſions, palſies and all the cold diſtempers of the brain, and even in thoſe of the womb. It is alſo very much eſteem'd as good againſt worms, and againſt a bad air, as well as when taken inwardly from one or two to five or ſix drops mixt with ſome powdered ſugar and diſſolv'd in ſome convenient liquor; as alſo by anointing the noſtrils, temples and other places where the ſutures of the ſkull are, with it.

EXTRACT

EXTRACT *of* AMBER.

Take ambergreaſe three drams, ſugar candy the ſame quantity, of civet nine grains, of muſk 18, put all theſe together in a bottle with a glaſs ſtopper; then pour upon them ſix ounces of highly rectified ſpirit of wine; ſet it in warm embers for 24 hours; while it is warm ſeparate the clear from the droſs.

This extract is much better for all ſorts of uſes than amber-greaſe; five or ſix drops in any thing, give a moſt noble perfume.

It is proper in all families diſtant from *London*, being often preſcrib'd in cordials.

AMBER *of* LIFE *an excellent medicine for the preſervation of youth and health, and to bring to a good old age.*

Put three drams of amber and four and a half of ſugar candy, finely powdered into a matraſs with a long neck and in a mortar powder a quarter of a pound of yellow amber put it to the former ingredients, upon which pour ſo much hot ſpirit of juniper berries, as ſhall float two fingers thick over it.

Fit a rencounter to the long neck, lute the junctures very cloſe and ſet it into a *Balneo maris* for four or five days, then ſtrain it through a fine linen cloth, that has been dipt in ſpirit of wine, pour the ſtraining into a very clean matraſs, and pour upon it four ounces of liquid amber; fit the rencounter to it, lute the junctures, circulate it for four or five days, then put it into a bottle and ſtop it cloſe.

The doſe is eight or ten drops in broth, and two hours after eating of victuals.

This medicine purifies the whole maſs of blood, revives the ſpirits, refreſhes the heart and brain, fortifies the nerves and membranes, reſiſts the falling ſickneſs, prevents faintings, diſpels the venom of contagious diſeaſes, by tranſpiration and ſweating, cleanſes the liver; ſtops the ſpitting of blood, reſtores the tone of the breaſt and ſtomach, provokes urine, cleanſes the reins and bladder; ſtrengthens the womb, preſerves the ſight.

This deſerves to be call'd the true balſam of nature, and is ſuited to the radical moiſture and radical heat, which ſupports life in its vigour, retards old age, and prolongs life.

Some drops of this mixt with pomatum, preſerves the delicateneſs of the complexion.

AMBER GREASE, a precious matter, found in pieces of a different bigneſs floating upon the water in ſeveral parts of the ocean. It is dry, light, opaque, grey and odoriferous, almoſt as hard as a ſtone.

You ought to reject that which is moiſt, ſoft and ſalt: But chuſe that which is very dry, and variegated within with ſmall black ſpots, and that has a ſweet and agreeable ſmell: Tho' it will yield a much finer ſmell, when it is reduc'd to powder and mixt with other drugs, than when it is whole.

It is a ſtrengthener of the heart, ſtomach and brain; but it is apt to render perſons of a tender conſtitution vaporiſh, ſuch as women, hard ſtudents, *&c.*

However it enters into the compoſition of perfumes for men and increaſes ſeed.

The doſe is from half a grain to four grains: Of it are made extracts, eſſences and tinctures.

ANASARCA, is one of the three kinds of dropſies that proceeds from the liver, which being cool'd to ſo great a degree, inſtead of producing blood it engenders a watery and ſo icy a matter, that by degrees it extinguiſhes the heat of the natural parts, and therefore makes the body to ſwell, and be puff'd up, grow ſoftiſh, and look ſo wan that it reſembles a dead carcaſs, and if a finger be laid upon the fleſh it will leave an impreſſion behind, and if the perſon walk or work never ſo little, he will be preſently dejected and faint.

His water will be clear white and very raw. Yet this dropſy is not ſo dangerous as ſome others; but may be eaſily cur'd by taking the following courſe.

Firſt, the practice of abſtinence is neceſſary; let the perſon afflicted eat no boil'd meat, raw fruits, milk-meats nor legumes, nor drink raw water, beer or cyder: Open a vein to give air to the veſſels and ſpirits, and this may be done with the more certainty, if the anaſarca is caus'd by a ſuppreſſion of the *Menſes* in women or by the piles, or by high feeding.

Let the patient take two glaſſes of the decoction of *Guaiacum, Saſſafras* and *Sarſaparilla*, morning and evening.

Purge him once a week with ſix grains of *Rhubarb* as much *Agarick* and half an ounce of *Lemon Lozenges*, all ſteeped in a glaſs of the decoction of *Elder Leaves* or of *Smallage*.

The uſe of *Wormwood* wine may be allow'd, or a dram of *Treacle* in a morning faſting.

To keep ANCHOVIES *for a long time.*

Chuſe Anchovies that are large, freſh brought over, and ſuch as feel firm to the finger; it will be beſt for the heads to be taken off, for if they are on they will the ſooner turn rancid and ſtink; likewiſe it is not good to have too many at a time, for the frequent opening of the pot will ſubject them to change.

In order to prevent this, add vinegar to them as the liquor waſtes, and this will preſerve them firm and from rotting for a year or two.

To make ANCHOVY *ſauce.*

Waſh them, bone them, mince them ſmall, put them into a ſauce-pan with a little thin cutlet of veal and ham, ſeaſon with pepper. Heat it hot, add a little vinegar and uſe it with roaſt meat.

The bones of anchovies that have been us'd may be put into a paſte made with flower and white wine or water, one or two eggs and a little melted butter, all mingled together, which being fry'd may be us'd for garniture for other things; or may ſerve for an out-work with orange and fry'd parſly.

To make artificial ANCHOVIES.

Take the fiſh call'd *Bleaks* which are ſofter, tenderer, more oily and much better than ſprats; cleanſe them and cut off their heads and lay them in an earthen glaz'd pan, with a layer of bay ſalt under them and another over them, then lay another layer of *Bleaks*, and another of ſalt, and continue to do this till the pan is full and in a month they will be fit for uſe, and afterwards put vinegar to them. Tho' they will be like anchovies without vinegar; but the vinegar will keep them; turn them often for the firſt fortnight.

ANET or *Dill*; a plant much reſembling fennel, and is cultivated in gardens, the ſeed whereof has a ſharp taſte, expels wind, provokes urine, encreaſes nurſes milk, cures the hiccough, and helps digeſtion.

To preſerve ANGELICA *Roots.*

Firſt waſh the roots, then cut them into thin ſlices and lay them to ſteep in fair water, which ſhift every day for three days;

days; then put them in a pot and ſet them with water over a fire of warm embers over night; the next morning pour off the water, and to every pound of roots put in two quarts of water, and two pounds of ſugar; in this boil the roots, and when they are enough, take them out and boil the ſyrup gently.

ANGELICA *Water.*

Take roots of *Angelica* one pound; the leaves of *Carduus Benedictus* the ſame quantity, *Sage* and *Balm* about three quarters of a pound, of the ſeeds of *Angelica* a pound and a quarter, of ſweet *Fennel* ſeeds a pound and half; powder theſe groſsly, and add of the ſpecies call'd *Aromatic Roſat* a quarter of a pound, of *Diamoſch* the ſame quantity; infuſe all theſe for 48 hours in 16 gallons of *Spaniſh* wine, diſtil them with a gentle fire, and add a quarter of a pound of ſugar diſſolv'd in roſe-water to every quart.

Another.

Take proof ſpirits ſix quarts, water three quarts, *Angelica* roots ſlic'd four ounces, *Angelica* ſeeds and *Carraway* ſeeds, of each half an ounce, bruiſe them, macerate them all night in the *Still*, and draw off all clear till the faints come, dulcify with three quarters of a pound of ſugar, and make up with liquor, as directed. See *Diſtillation.*

To Candy ANGELICA.

Take young *Angelica*, and having cut it into fit lengths, boil it till it is pretty tender, keeping it cloſe covered; then take it out, peel off the ſtrings; then put it into the water again, ſimmer it and ſcald it till it is very green; then take it up, and having dry'd it in a cloth, weigh it, and for every pound of the herb, allow a pound of finely powdered and ſifted double-refin'd ſugar; lay the *Angelica* into an earthen pan, ſtrew the ſugar over it, and let it ſtand for two days; then boil it till it looks very clear; drain the ſyrup from it in a colander. Then take a little double-refin'd ſugar, and boil it to a ſugar again, then throw in the *Angelica*, but let it not be long before you take it out, lay it on glaſs-plates, and ſet it either in a ſtove or an oven, after pyes are drawn, to dry.

To dry ANGELICA.

Boil *Angelica* ſtalks till they are tender, then ſet them by to drain, and having ſcrap'd off all the thin skin, put them into ſcalding water; let them be kept cloſe covered, let the fire be gentle, ſo as not to make them boil before they are become green; then drain them well, put them into a very thick ſyrup, made of their weight, and half as much more of ſugar, but put them not in before the ſyrup is cold; warm the ſyrup every day till it is clear, then lay them out to dry, ſift ſugar over them.

Lay out as much as you uſe at a time, and ſcald the reſt.

ANNISEED. Chuſe that which is largeſt, biggeſt and plumpeſt, newly dry'd, of an agreeable ſmell, and of a ſweet taſte, but a little pungent; but reject that which is bitter.

The vertues of this Seed: It will appeaſe the rumblings of the belly, the gripes, laſk, vomiting and the hiccough; it provokes urine, encreaſes nurſes milk, helps digeſtion, and will alſo ripen tumours.

The ſeeds eaten in the morning by perſons troubled with the gripes in the ſtomach and guts, are an excellent remedy, they alſo ſweeten the breath, give a good complexion, and help digeſtion after meals.

To make ANISEED *Water.*

Take two handfuls of aniſeeds, cleanſe them well, and infuſe them in two quarts of water, ſweetened with half a pound of ſugar; when the water has been ſufficiently impregnated with the ſeeds, ſtrain it off, and if you pleaſe, you may add a little brandy to enrich it. This is a proper liquor for the winter ſeaſon.

An aniſeed water for the ſummer time may be made by ſteeping only the leaves of the plant, eſpecially the tops, for a conſiderable time.

Another Way.

Take aniſeeds three ounces, carraway ſeeds one ounce and a half, proof ſpirits ſix quarts, river or ſpring water three quarts: Put them into the *Still*, let them infuſe all night, the next morning draw off the water with a gentle fire, but no longer than it will run proof, ſweeten it with a pound of brown ſugar. *N. B.*

N. B. Always put about one third of water in proportion to your ſpirits, for this will make the diſtill'd water come off cleaner, and in a larger quantity from the ſtill, without faints.

To make Eſſence and Spirit of ANISEED.

Put two pounds of *Spaniſh* aniſeeds with three quarts of brandy into a matraſs that will hold five quarts of liquor; ſet it to infuſe in the evening upon a hot fire, and cover it well, and the next day diſtil it on a furnace, chafing-diſh or trevet, with a gentle and even coal fire, always taking care to keep it in the ſame degree of heat, and that the liquor do not paſs into the helm; and from theſe three quarts draw three pints or thereabouts of good eſſence, and as ſoon as you ſee a white drop come out, take it off the fire, or elſe it will be apt to ſmell of ſcorching, which chymiſts call the *Empyreuma*.

ANODINE *of King* CHARLES *the Second, to make it.*

Take three quarters of an ounce of choice *Opium*, which cut into little pieces; bark of *Elder*, and bark of *Saſſafras*, of each a quarter of an ounce; powder them and put them into a glaſs bottle, upon which pour half a pound of ſpirit of wine, and ſtop the bottle with brown paper, ſeveral times folded; pricking holes in it with a pin; ſet the bottle by the fire, but not too near, or in the ſun when it ſhines; let it ſtand to infuſe three or four days, ſhaking it from time to time, afterwards ſtrain it out, and put it into a bottle for uſe.

The common doſe of this anodine is from 15 to 16 drops in *Spaniſh* or other wine, in *Scorzonera* or wild *Poppy*, *Balm-gentle*, &c. water.

If this medicine has not its effects the firſt time, repeat it after 24 hours, increaſing the doſe to two or three drops more.

But take notice, that it is to be taken two or three hours after meals; tho' except in caſe of urgent neceſſity the evening is the moſt proper time, in which it may be given at any hour, but at the ſame diſtance before and after meals.

But if the diſtemper does not give way to it, you may augment the doſe to 40 drops; but never increaſing it by more than two drops at a time every 24 hours.

This anodine liquor gives relief to the acuteſt pains, burning fevers, pains of the ſtomach, head-ache, megrims, cough, cholick, rheumatiſm, violent gouts, painful hurts; and

and compoſes thoſe to reſt, who are ſubject to wakefulneſs, and in a word, is a remedy for any thing that obſtructs reſt.

ANTI-SCORBUTIC WATER.

In a gallon of proof ſpirits and two quarts of water, digeſt ſix handfuls of garden ſcurvy-graſs, brook-lime and water-creſſes, of each a handful, horſe-radiſh root one pound ſlic'd, three lemons ſlic'd, *Arum* root a pound, freſh *Briony* root two pounds, muſtard ſeed three ounces, nutmegs half an ounce, and gently diſtil off the proof ſpirit.

For St. ANTHONY's *Fire.*

Fill a bottle as full as it can hold with elder-flowers, in the ſpring of the year. then wet them with linſeed oil, ſet the bottle in the ſun; preſs out theſe very hard, and add to four ounces of this half a dram of ſoft ſoap, and boil them to an ointment, and juſt before you take it off the fire, ſtir in an ounce of *Ceruſs.*

When you uſe it, warm it and anoint the place, dip ſoft paper in the ointment, and cover it when you dreſs it, which muſt be twice a day: Waſh it with ſpirit of wine in which a little *Venice Treacle* has been mixt.

ANULA, a tumour proceeding from a thick and viſcid flegm, and ſometimes from a melancholy humour which falls upon the root of the tongue.

This diſtemper is incident to young children, and renders ſucking painful to them, and alſo ſpeaking troubleſome when they are grown up.

As ſoon as this is perceiv'd, it muſt be cut, and immediately ſome powder of *Maſtick* or *Frankincenſe* apply'd with the hair of a hare burnt, or calcin'd egg-ſhells, for if it be neglected, it will grow ſo hard as to be incurable.

APIARY, a place where bees are kept, for which purpoſe a convenient one in a garden ought to be choſen.

It is cuſtomary for thoſe who have but a few bees, to place them in any corner of their garden, back-ſides, courts, and ſome in cloſes adjoining to their houſes, while others for want of convenient room without doors, ſet them in lofts or upper rooms, which are no wiſe places proper for them.

After a place has been pitch'd upon, and it is deſign'd to have a conſiderable ſtock of bees, make a ſquare plat, proportionable to the ſtock you intend to raiſe, but rather too large

than

than too little, and longer from eaſt to weſt than from north to ſouth; let this be ſeparate from the reſt of the garden, and facing to the ſouth, rather inclining to the weſt than to the eaſt, that the bees, returning late home, may not want light.

Some indeed are for letting them have the firſt ſun in the morning, that they may go early abroad, that being the moſt proper time for gathering honey, and it is indeed the ſureſt method for their thriving, to let them have as much of the morning aud evening ſun, as the places and fences will allow.

An *Apiary* ought to be ſecurely defended from high winds on either ſide, either naturally by hills, trees, *&c.* or artificially by houſes, walls, barns, *&c.* and the higheſt fences ſhould be to the north, the other being low and far diſtant, that they may not hinder the ſun nor the flight of the bees; nor muſt there be any ill ſmells or ſavour near the *Apiary*, nor muſt poultry be ſuffered to frequent the place. The ground ought not to be digged or paved, becauſe it would be too hot in ſummer, and too cold in winter, but kept mowed.

It will alſo be convenient to plant ſeveral trees at reaſonable diſtances from the *Apiary*, that the bees in ſwarming time may pitch nearer home, and not be in danger of being loſt for want of a lighting place; but if theſe ſhould be wanting, you may ſtick green branches of trees in the ground, for the bees to pitch upon: Nor ſhould the *Apiary* be at any great diſtance from your home, that you may the more frequently viſit the bees at ſwarming times, and on other neceſſary occaſions.

In the next place you muſt furniſh your *Apiary* with ſtools or benches, the former being the moſt proper, which muſt be either of wood or ſtone, but wood is the beſt, becauſe ſtone will be both too hot in ſummer and too cold in winter.

Theſe ſhould be plac'd at different heights, ſome on the ground, others at the height of two foot, or rather one foot, which is a good height; theſe ought to ſtand a little ſhelving, that the rain may run off; they alſo ſhould be wider by two or three inches than the hives that are ſet upon them, and alſo ſhould have a place in the front a little broader for the bees to light on,

The hives ſhould ſtand at leaſt five foot diſtant from one another, taking the meaſure from the middle of each in ſtrait ranks from eaſt to weſt, which ranks had need be ſix or eight foot aſunder, if placed one behind another; and the ſtools of the one rank ſhould be plac'd againſt the open parts or intervals of the other; nor muſt they be too near the fences on either ſide.

But if you would make a compleat *Apiary*, that ſhall anſwer your care and pains, you may make a ſquare cot or houſe about two foot ſquare, and two and a half high, for every ſtock of bees that you intend to keep, ſtanding on four legs, about 10 inches above the ground, and five or ſix within the ground, and covered over with boards or tiles to caſt off the rain; the back or north ſide being cloſed up, and the ſides, open to the eaſt and weſt, having doors to open and ſhut at pleaſure, with latches or haſps to them; the fore or ſouth ſide to have a falling door, to cover one ſide of it, which may be lifted up at pleaſure, and will ſerve in the ſummer time for a pent-houſe, and not only to keep off the beating rains from the hives, but alſo to defend them from the violent heat of the ſun, which is apt about noon to melt the honey.

The other lower half ſhould have two doors to open, to either hand, which will ſerve to defend the doors or holes of the hives from injurious winds, and upon the approach of the winter, when the cold winds are like to be hurtful to the bees, all the doors may be ſhut up and faſtened; ſo that by theſe they will be defended as well from the extremity of cold in winter, as from the extremity of heat in ſummer.

But you muſt not forget to make a little open ſquare at the bottom of the little doors, juſt againſt the ſee hole, that the bees may have liberty to fly abroad, after the doors have been ſhut.

There will here be no occaſion for any hackle to defend the hive from rain; nor is there any cauſe to fear their being annoy'd by any wet or cold; and by means of the ſide doors, eſpecially if the weſt door be made to open to the right hand, a perſon may ſet ſafe and ſee the ſeveral workings of the bees in glaſs hives, if ſuch are us'd; but if not, they may be ordered, view'd and obſerv'd better at theſe places, than when they ſtand on naked ſtools; and not only with more ſecurity to one's ſelf, but alſo with leſs offence to the bees.

If the *Apiary* ſtand ſo cold in the winter, that there is reaſon to fear that the bees may be injured by the extremity of the froſt, you may ſtuff good ſweet ſtraw about the hive within theſe doors, to keep them the warmer; but bees are not ſo much hurt by the extremity of the cold in winter, as they are by wet; from which they will be defended by theſe caſes, as well as from light, and the warm beams of the ſun, at ſuch times when there is no proviſion abroad for them; againſt which this houſe or cot is a certain defence, for the doors being ſhut in ſuch months as you would not have them go abroad, tho' the ſun do ſhine; they being in the dark are

not very ſenſible of ſo ſmall an heat, the hive ſtanding five or ſix inches within the doors; whereas in the common way of benches or ſtools, the ſun caſts rays to their very doors, whoſe warmth and light together, excite them to go forth, at the expence of their proviſion, and loſs of many of their lives, as is found by frequent experience; the greateſt number of bees being ſtarv'd and deſtroy'd by the mildeſt and cleareſt winters; when on the contrary they have not been near ſo much injured by the coldeſt and moſt frozen winters.

There are alſo in the ſpring time ſeveral days, wherein it is not fit for bees to be abroad; and at ſuch times the doors ſhould be ſhut up, and only the under paſſage left open, by which, ſuch as liſt may go forth and take the air; tho' the greateſt part by far lie ſtill inſenſible that the ſpring is near: But when you perceive that the weather is good, and that the willow-withy will yield them employment, you may ſet open the under doors, that they may be excited to work by the warmth and light of the ſun and air; otherwiſe their early breeding will be obſtructed, and the bees made ſlothful, See BEE-HIVE. BEES. GENERATION *of Bees*, &c.

APOPLEXY. Thoſe perſons that are ſiez'd with a middling apoplexy, muſt be brought into a ſitting poſture, and their heads muſt be held up as high as may be; put ſome ſalt in their mouths, and at the ſame time let the Cephalick vein be opened in both their arms; afterwards apply bliſtering plaiſters behind their ears, give them glyſters, a decoction of ſage, betony, marjoram, rice, centaury, and half a handful of white betony, diſſolve in each decoction an ounce of *Carduus Benedictus*, two ounces of *Mercurial* honey, and as much *emetick* wine,

APPETITE, a *depraved Appetite*, is when a perſon deſires to eat and drink things that are unfit for food; as when perſons take pleaſure in eating earth, mortar, chalk, and ſuch like things.

Women and maids are more ſubject to this than men; eſpecially certain women, whom this fit takes in the firſt month of their pregnancy, and continues upon them till the fourth. Maidens are affected with it becauſe they have not their *Menſes*.

The depraved appetite of women may be cured by giving them inwardly the juice of vine buds, or elſe give them quite green to be eaten by them; or give them olives, comfited mulberries or almonds before meals; and gooſe-berries, quinces or medlars, pears and other fruits, the laſt thing at dinner

dinner or ſupper: As for thoſe that are big, you may help them to vomit with a little honey-water.

A little good wine will alſo be proper for them; and alſo 15 or 20 grains of *Rhubarb* in powder, mingled with half a dram of confection of hyacinth in the morning faſting.

APPLES. The apple amongſt our *Engliſh* fruits ought deſervedly to have the pre-eminence, both for its univerſality of place; ſcarce a country pariſh through the kingdom, but in ſome part or other it will thrive, and alſo for its uſe, being both meat and drink. See *Cyder*.

Apples are wholeſome and laxative, when they are fully ripe; boil'd apples are better for the ſtomach than raw, and thoſe that are eaten in winter are more wholeſome than thoſe that are eaten ſooner; and the more they are gilded, the more wholeſomer they are.

Unripe apples breed ill juices in the body, and produce abundance of bilious humours, and are cauſes of ſickneſſes, and eſpecially agues; but ſuch as are full ripe afford better nouriſhment, and breed better juices; for they are more eaſily evacuated by ſtool, than when they are ſharp and ſour, which are more aſtringent.

Sharp apples are not amiſs, when the ſtomach has been weakened by means of too much heat and ſuperfluity of moiſture; thoſe which have been kept over the winter and till ſummer comes, are very often good for ſick perſons; but ought to be covered over with a cruſt made of flour and water, and bak'd in an oven or roaſted at a fire; or a little mortify'd with the vapours of hot water; they may alſo be eaten roaſted with ſugar, cinnamon, *&c.*

Apples alſo may be good after meals, and may be eaten with bread, to ſtrengthen the ſtomach of ſuch as have loſt their appetite, and do not well digeſt their victuals; and alſo by ſuch as are ſubject to a vomiting and looſeneſs, whether the flux be with or without blood: The ſharpeſt are the beſt for this purpoſe, for being manag'd as directed, they are moderately aſtringent.

To make APPLE *Jelly.*

Take two dozen of *Rennets*, cut them into ſmall pieces, and put them into a pan; then put in three quarts or more of water, and boil them till you have boil'd them to the conſumption of near one half; then ſtrain and preſs it very hard through a ſtrong linnen cloth, and put to them eight pound of ſugar; which is alſo to be boil'd to a jelly, and you may

if you pleaſe, ſharpen the taſte by putting in lemon juice, and alſo the raſpings of a citron.

This is very pleaſant; and you may cover white liquid comfits with this apple jelly or verjuice, and this is that which does preſerve them.

An *Apple* jelly may likewiſe be made by it ſelf, by extracting the juice of the rinds and cores, but the kernels muſt be ſeparated from them before you boil them.

When you have boil'd the whole in water, paſs it through a ſieve and preſs it well, and add a ſufficient quantity to the juice; boil it to a good conſiſtence, keeping it continually ſtirring, and ſtrain it through a linnen cloth, and run it into boxes to keep it as you do *Quiddenny*, or upon plates to be ſerv'd in at table.

Cappendu APPLES *and* RENNETS, may be pared and comfited whole or in halves; but the cores muſt be taken out, and a jelly made with their rinds, as before.

If you have a mind to put wine to either the one or the other, put *Claret* to the *Calville*, with *Cinnamon* and *Clove*; and *white Wine* with ſome *Fennel* to the other.

To counterfeit PLUMS *with* APPLES.

Cut them into quarters, and form a ſmall pellet of each quarter, and round it into a point at both ends, in the ſhape of a plum; then par-boil them and draw a juice from their peelings to thicken the jelly in comfiting of them as before.

When they are ready they are to be dreſs'd on plates, in the form of a ſpire or pyramid: It is a diſh that is very pleaſing to the ſight, and at firſt view will ſurprize ſuch as never ſaw it before, they not knowing what it is.

To make Compotes of APPLES *in Jelly.*

Pare and cut *Rennets* into quarters, take out the cores and put them into freſh water; this being done, you may with the parings put in four or five apples, cut into pieces, and boil them in a quart of water; when they are well boil'd, ſtrain them through a ſieve or linnen cloth, and afterwards put half or three quarters of a pound of ſugar into the water, and ſet it over the fire; and into it put your apples cut into quarters; take care not to boil them too much, leſt they ſhould run into marmalade.

When they are enough take them off the fire, and take them

them out one by one, preſs them gently between two ſpoons to get out the juice, and lay them in order on a plate.

Then ſet the ſyrup on the fire again, and boil it till it comes to a jelly, taking great care leſt it ſhould burn to.

Take it off, let it ſtand to cool, ſtir it well with a ſpoon; and cover the apples with it, and thus they will keep four or five days.

A Compote of APPLES, *after the* Portugueze *Way.*

Cut your apples in halves, core them, and lay them in a pan tinn'd over, ſtrew powdered ſugar both over and under them; then ſet them on the fire, and cover them with a lid, upon which you are to put ſome fire, and let them boil ſo long till the ſugar becomes red enough and caramell'd; but take care they do not burn to.

Take them out of the pan and lay them in a ſilver diſh, and ſerve them up as hot as poſſibly you can.

To make a Compote of APPLE *à la Bouillome.*

Cut the apples in halves, take out the cores and range them orderly in a pan or ſkillet, put a quart or about three pints of water to them, with a quarter of a pound or ſix ounces of ſugar, cover them well with a diſh or plate, and ſet them on the fire, and let them boil ſo long 'till there is almoſt no juice left, then dreſs them and ſerve them up to table.

APPLE DUMPLINS.

Take ripe golden *Rennets*, pare, core and cut them into ſmall pieces, then grate in a quince with a large grater, having firſt pared and cored it; for if the quince were only ſlic'd, it requiring twice the time of boiling that apples do, it would not be boil'd equally with the apples.

When enough, ſugar and butter them to your palate, and it will eat like a marmalade of quince.

As for the paſte or cruſt, let it be puff paſte, with ſome butter rubb'd into the flour, and other part broken into it, roll it three times, and then put in the apples, flour a cloth, and having made them up, boil them.

APPLE DUMPLINS *made with Sweet-meats.*

Let the apples be fair and ripe; pare, core and ſlice

them thin, and with a large grater, grate in ſome candied orange or lemon peels; you may alſo add cloves or cinnamon powdered, and a little grated quince, or quince marmalade.

Put theſe into a puff paſte, tye them up in cloths and boil them. When enough, butter and ſugar them to your palate.

APPLE JELLY, *for all Sorts of Sweet-meats.*

Put water into your pan, make it boil, pare the apples and quarter them, put them into the boiling water; let there be no more water than juſt to cover them, and let it boil as faſt as poſſible; when the apples have boil'd to pieces, put in a quart of water more, and boil it for half an hour longer; then paſs it through a jelly bag.

In the *Summer* time codlins are beſt; in *September* golden rennets; and in *Winter*, pippins.

To bake an APPLE PUDDING.

Coddle a dozen of large pippins over a very ſlow fire, ſo that they may not crack; when they are grown ſoft, peel, core and pulp them through a cullender; add to the pulp three ſpoonfuls of orange-flower-water, half a ſcore eggs well beaten and ſtrain'd, and half a pound of melted butter; ſweeten it very well; add to it candied orange, citron or lemon peel: Lay a ſheet of puff paſte into a diſh, and pour in the pudding; bake it in a moderate oven. It will be done in half an hour.

APRICOCKS, a very delicious fruit, very good, and of an exquiſite ſmell.

To make Marmalade of APRICOCKS.

Take ripe apricocks, boil them in ſugar, put a quart of water to every pound of ſugar, and a pound and a half of apricocks; boil the whole to a proper conſiſtence, then put it into pots or cups, cover it and keep it for uſe.

Another Marmalade of APRICOCKS.

Take apricocks that are thorough ripe, pull off the rough coat, ſpots, or any rottenneſs that may be about them; cut them into pieces, and put them into the pan, before you put in the marmalade; put in the quantity of ſix pound of

apricocks

apricocks, which are to be waſted till they come to three; then having ready three pounds of powdered ſugar, take off the pan and weigh it, that you may know if the apricocks are reduc'd to their deſign'd weight; if ſo, put in your three pounds of ſugar, and mix them with a ladle; then ſet them on the fire to melt the ſugar, and that the apricocks and ſugar may incorporate the better; this will take up but a ſmall time, perhaps while you can deliberately repeat the Lord's prayer; then take it off, and you may either put it into pots or dreſs it in tin moulds, or otherways.

APRICOCK *Marmalade*, à la mode de FRANCE.

Take ripe apricocks, fit for eating, peel them well, put them into boiling water, and take care to keep them as near together as you can, ſet them to drain over a ſearſe or ſieve, till they are ſo dry'd as to ſwallow up their moiſture; then to every pound of this marmalade, add a pound of clarified ſugar, make it boil, and after it hath lain by a little put in the marmalade, ſtir it with a ladle, and ſet it for a moment over the fire, in order to incorporate; but great care is to be taken that it be boil'd neither too much nor too little, which if ſo will be good, appear clear and tranſparent; then put it into pots, let it clarify and ſtop it well.

To dry APRICOCKS.

Chuſe the large *Turkey* or *Roman* apricock, almoſt ripe, take out the ſtones, pare them and throw them into cold water with the parings; weigh the pared apricocks, and prepare an equal weight of fine ſugar powdered, then put ſome of the water the apricocks were ſteep'd in to the ſugar, aud boil it to a candy'd height; then put in the apricocks, and boil them till they are clear; then let them lie a few days in the ſyrup, and afterwards lay them out upon a fine wire ſieve, and dry them in a warm place, and when they are dry put them into oaken boxes with papers between them.

Another Way.

Take apricocks that are full ripe, ſqueeze out the ſtone at the end of the fruit without otherways opening them, preſerve them intire, flat them unopen'd, and dry them as peaches are dry'd. See PEACHES.

Another Way.

Put a knob of ſugar about the bigneſs of a pea in the place where the ſtone was before it was taken out, fill an earthen veſſel with them; cover this over with a lid made of paſte; ſet them into an oven when the bread is browned, and let them ſtand there till it is grown cold. Afterwards take them out, lay them upon ſlates, and when they are dry enough, ſtrew them with powdered ſugar, while they are yet hot; and after they have been dry'd two days, lay them up.

Another Way.

Take 30 large apricocks, ſtone them and pare them; cover them all over with four pound of ſugar, finely powdered; put ſome of the ſugar on them as you pare them, the reſt after: Let them lye four or five hours, till the ſugar is near melted; then ſet them on a ſlow fire till the ſugar is quite melted; then boil them, but not too faſt.

As they grow tender, take them out on an earthen plate, 'till the reſt are done; then put in thoſe that you laid out firſt, and give them a boil together: Put a paper cloſe to them, and let them ſtand a day or two; then make them very hot, but not boil; put the paper on them as before, and let them ſtand two days, then lay them on earthen plates in a ſtove, with as little ſyrup on them as you can; turn them every day till they are dry, and ſcrape off the ſyrup, as you turn them; lay them between paper, and let them not be too dry before you lay them up.

To dry APRICOCKS *in Quarters.*

Take two pound of the halves or quarters, pare them and put to them a pound and a half of powdered ſugar; ſtrew ſome of them on it as you pare them, and cover them with the reſt; let them lie four or five hours, afterwards ſet them on a ſlow fire till the ſugar is melted; then boil them, but not too faſt, till they are tender, taking out thoſe that are firſt tender, and putting them in again, give them a boil together; then having laid a paper cloſe to them, ſcald them very well, and let them lie a day or two in the ſyrup: Lay them on earthen plates, with as little ſyrup to them as you can, turn them every day till they are dry; at laſt lay them between paper in boxes.

To preſerve APRICOCKS.

Take two dozen of large apricocks, ſtone them, pare them, and cover them with a pound and half of fine beaten ſugar, ſtrewing on ſome as you pare them; let them ſtand at leaſt ſix or ſeven hours; then ſet them on a ſlow fire; and boil them till they are clear and tender; if ſome of them are clear before the reſt, take them out, and put them in again, when the reſt are come to be ſo too.

Let them ſtand with a paper cloſe to them till the next morning; and having prepar'd a very ſtrong codlin jelly, boil a quart of jelly and two pounds of ſugar, till it jellies, and in the mean time make the apricocks ſcalding hot, and pour the jelly on the apricocks; then give them a gentle boiling together, and when the apricocks riſe in the jelly, and they jelly very well, put them into pots or glaſſes with papers cloſe to them.

To make APRICOCK PASTE.

Pare four pounds of apricocks and allow two pounds of ſugar finely powdered, put them into the ſugar till it is melted; then boil them well in the ſugar, maſhing them very ſmall; add to them two quarts of codlin jelly; boil all together, and to every pound add a pound and quarter of fine ſifted ſugar; but boil the paſte before you put in the ſugar, and then let it ſcald till the ſugar is melted, pour it into pots and dry it in a ſieve, turning it as other paſte.

To make APRICOCK CHIPS.

When you are paring the apricocks, lay by the cleareſt parings, and throw a little ſugar on them, half a pound is enough for a pound of parings; ſet them on the fire, till they begin to boil, then take them off till the next day; drain the ſyrup from them, and make a ſyrup with a pound of ſugar, and near half a pint of water; boil the ſugar well and put as much to the chips when it is cold as will cover them; let them ſtand in the ſyrup all night, and the next day make them ſcalding hot, let them ſtand till they are grown cold, and then lay them out on boards, ſift ſugar over them, and turn them on ſieves.

APRICOCK *clear Cakes.*

Pare two dozen of apricocks, then put to them three quarters of a pound of fine ſugar, and boil them to pieces, then put to them a quart and half a pint of codlin jelly; boil theſe together very faſt for a quarter of an hour; paſs it through a jelly bag, and to a quart of jelly put three pound of ſugar finely ſifted through a hair ſieve; ſhake in the ſugar while the jelly is boiling, and let it ſcald till the ſugar is melted; then paſs it through a thin ſtrainer into a broad earthen pan; fill it into pots and dry it as directed for other clear cakes.

If you would have ſome with pieces of apricock, cut ſome of the dry'd quarters ſmall, and after the ſtrainer has taken off the ſcum, take ſome of the jelly in a pan, put in the pieces, make it ſcalding hot again and fill it out.

APRICOCK JAM.

Take four pound of apricocks, and a quart of codlin jelly, boil them very faſt together, till the jelly is almoſt waſted; then put to it three pound of fine ſugar, and make it boil very faſt, till it jellies, put it into pots or glaſſes.

You may alſo make freſh clear cakes with this and pippin jelly, in the winter time.

To preſerve green APRICOCKS.

The apricocks ſhould be taken before the ſtones are hard; wet them and lay them on a coarſe cloth; put to them three or four handfuls of ſalt; rub them till you have freed them from their roughneſs, then throw them into ſcalding water; ſet them on the fire till they are ready to boil; then take them off again, let them ſtand till they are near cold: Repeat this two or three times; then cover them cloſe, and when you find they look green, boil them till they are tender; weigh them, take their weight in ſugar, and allowing half a pint of water to a pound of ſugar, make a ſyrup of it. Set it by till it is almoſt cold, then put in the apricocks and boil them very well till they are clear.

Warm the ſyrup every day till it is pretty thick.

You may put them into a codlin jelly, or hart's-horn jelly, or dry them as you uſe them.

To make a Compote of ripe APRICOCKS.

Cleave a couple of dozen of apricocks in the middle, break the ſtones and take out the kernels, peel them and have 'em in readineſs; then put a pound of ſugar in a pan, melt it, boil it, and put in the ſplit apricocks, letting them have about 30 walms, and then throw in their kernels, then take them off the fire and ſtir them very gently, to bring the ſcum together, which take off with paper; let the apricocks be drain'd, and then ſet them on the fire again, and let them have 10 or 12 walms more, then ſet them by to cool, and they will be fit for uſe.

If you have a mind to peel them, you may: they indeed do appear beſt ſo; but do not eat ſo well as when the ſkin is on.

Remember that your ſugar muſt be boil'd to a ſyrup before you put in your apricocks, or elſe it will become all marmalade.

To make a Compote of Grill'd APRICOCKS.

Grill the apricocks on a chaffing-diſh that is hot on all ſides, and be as quick as you can in peeling them with your fingers, and lay them in a very clean earthen or ſilver diſh; ſtrew over them a handful or two of powdered ſugar with a little water; then ſet them on the fire and ſtir them, giving them four or five boils, that the ſugar may be melted; then take them off, and ſet them by to cool, and when you uſe them put ſome orange or lemon juice upon them.

To make a Compote of green APRICOCKS.

Take freſh gathered green *Apricocks*, pound a handful of ſalt as fine as poſſible, and ſtrew it upon the apricocks; let them lie in a napkin, moiſtening them with a ſpoonful of water or vinegar, which will facilitate the coming off of their outer coat; then throw them into fair water to waſh them well.

Set the firſt water to ſettle, pour off the clear, boil it to take off the ſalt; and after the apricocks have been waſh'd in the freſh water, put them again into other freſh water to waſh them better; then ſet other water in a pan over the fire, and the apricocks having been well dry'd in a ſearſe or ſieve, throw them into the boiling water, manage them with a ſkimmer from time to time, and prick them with a pin, and if it enters into them eaſily (for you muſt take great

care

care that they be not boiled too much) take them off the fire and throw them into freſh water with a ſkimmer.

Then having ready clarified ſugar, make it boil, and before it is too much done put the apricocks into it, ſet them to boil over a ſlow fire, and they will in a very ſmall time become green and beautiful: Let them lie a little that the water may drain off and that they may receive the ſugar. Let them lie a little longer and then you may put them up and they will retain their greenneſs.

Another Way.

Firſt make a lye of green wood aſhes, which when they have been well boil'd, throw your apricocks into it, without pouring it out from the aſhes, and boil them, until by a little rubbing them with your hands, they will caſt off their outer coat; but if you have not good aſhes, you may make a lye with a pound of aſhes made of burnt wine lees, commonly call'd gravelled aſhes; then throw them into freſh water, and waſh them well in that, and a ſecond water to clean them and take off the ſkin. But the firſt method with the uſe of ſalt is the rather to be choſen, becauſe it will make them the greener and more beautiful. And when you preſerve them, allow a pound of ſugar to a pound of fruit.

Another Way.

Fill a kettle or ſtew-pan half full of water, into which put two or three ſhovels full of green wood aſhes, or elſe a penny-worth or two of *Gravelled-Aſhes*, let them have ſeven or eight boilings, throw in a quart of green apricocks, and ſtir them gently with a ſkimmer, when you perceive them ready to caſt off their ſkins, take them out immediately with a ſkimmer, and throw them into cold water; then clean them better with your fingers and throw them again into fair water; then put ſome of the boiled water into a pan, and drop them into it in order to be boiled, try them with a pin to know whether they are done enough, which you may know by its eaſy entrance, and if ſo lay them on a ſieve or cullender to drain.

Then having melted a pint of ſugar in a ſkillet, when it boils put in your *Apricocks* and give them between 20 and 30 walms, and when you perceive they begin to grow green, give them ſeven or eight ſmart boils and take them off the fire. Stir them, ſkim them, let them cool, and they will be fit for uſe.

Confitures of green APRICOCKS.

Take apricocks while they are tender, and before the ſtone begins to grow hard; put them into fair water with a little good *Tartar*, in order to take off their hairy coat, then wipe them one by one, and preſerve them, putting a pound of ſugar to a pound of fruit; but if they are to be eaten in compotes, half a pound of ſugar is enough to a pound of fruit.

Another Confiture of APRICOCKS, *that are between ripe and green.*

Make with a knife a ſmall inciſion at the bottom, take out the ſtones, and having boiling water on the fire, throw in ſix pounds of apricocks; this is what is call'd blanching them. Take care they do not burſt in the water; which when you apprehend they are ready to do, take them immediately out with a ſkimmer, and lay them in a ſieve to drain, and having ready ſix pounds of clarified ſugar boil'd, put in your apricocks gently one after another, and ſet them on the fire; give them but three or four boilings, and then take them off, and let them ſtand to cool; and their moiſture being by that means drain'd off, they will the better take the ſugar.

The ſugar being drain'd off, boil it a ſecond time, and having had ſix or ſeven boilings, put in the apricocks, and give them five or ſix boilings more; then ſet them by for two or three hours, and if it be at night, till the next morning, then ſet them on the fire again.

You may either keep them moiſt in their ſyrup in pots, or if you would have them dry (which is what they call half ſugared) dreſs them upon ſlates, let them drain, and then ſtrew finely powdered ſugar through a piece of ſilk over them, and ſet them in the ſtove.

When they are dry, lay them on a ſieve or ſome ſuch thing, and ſugar them as before, and being quite dry and cold, put them up in boxes with white paper about them.

Another Way.

Some preſerve apricocks at their full growth, peeled and unpeeled: The ſtones are taken out of thoſe that are the greeneſt, and they have a ſmall boiling to make them green, and then without drying they are taken out with a ſkimmer, and put into pounded ſugar, with a little water, and ſo they are preſerv'd and manag'd in the ſame manner through-

throughout as plums are: A pound of fruit will require a pound and a quarter of ſugar.

Another Way.

Such as are over-ripe, either peeled or unpeeled, they are to be put into powder ſugar with a very little water, without being firſt par-boil'd; and there will be no danger of their falling to pieces; for the ſtrength of the ſugar renders them firm, that they may be taken out of the pan intire.

Some put to them the kernels of the ſtones placing them one after another between the apricocks in their heaps; which if you would do, it will be beſt to preſerve them apart in a little ſugar; becauſe if they ſhould be put in without boiling they would ſpoil the ſweat-meats and make them grow muſty.

Another Way.

Peel the apricocks, and without putting them in water, ſtrew pounded ſugar upon them, and let them ſtand to imbibe it a day or two, till the ſugar is melted in; then ſet them over the fire, make them boil once, then take off the veſſel and let them lie in their ſyrup for two days more, then give them another boiling; put them up in a pot, and having given the ſyrup another boiling, pour it upon them.

Another Confiture of APRICOCKS.

Prick them all over with a pin, that the ſugar may the more eaſily penetrate them in boiling; then throw them into water, take them out of this and boil them in a freſh water, and when they begin to riſe, take them off the fire, and let them ſtand to cool; and in order that they may have a greeniſh colour, which is eſſential in this way, they are to be taken off the fire and ſet over a more gentle one, keeping the veſſel well covered, and muſt be watch'd that they may not boil; becauſe that would reduce them to a marmalade.

When the apricocks have attain'd their proper colour, put them into water to refreſh them; and then put into that water two ſpoonfuls of ſugar to one of water, which you muſt continue to do till the apricocks are lightly immerg'd in it, and let them ſtand in that ſtate till the next day, then put them in a pan and ſet them over the fire, and let them only ſimmer; but ſuffer them not to boil, preventing the boiling by conſtantly ſtirring them.

The

The next day drain the apricocks, give the ſyrup ſeven or eight boilings, and put the fruit in gently, and ſet them on the fire, let them ſimmer, then take them off, and ſet them by till the next day, and then give them 15 or 20 boilings, adding more ſugar.

The next day boil the ſyrup to that quality, that dipping your finger in it, and applying it to your thumb, and preſently opening them again, a ſtring will reach from the one to the other, and will break inſtantly and ſtand on a drop upon your finger.

Then let it ſtand till the next day, and give the ſyrup ſome boilings, that it may be of a greater conſiſtence; then put in the apricocks, let them only ſimmer; then boil the ſyrup once more and ſlip in the apricocks, give them ſeven or eight boilings, keeping them well covered and ſkimming them often, and then put them up in pots.

Another confiture of APRICOCKS *with the Skins on.*

Put ſome new aſhes in a pan, waſh them, ſet them over the fire, ſkim off the bits of coal well that riſe to the top and when this lye has boil'd, take it off and let it ſtand when it has ſettled pour off the clear, and ſet it on the fire again, and aſſoon as it begins to boil throw two or three apricocks into it, and if the hairy coat that ſticks to the ſkin comes off eaſily; then put in the reſt, take them out again and lay them on a cloth, and with it rub them clean; then put them into freſh water, and waſh them well.

Then prick the apricocks with a ſmall bodkin and throw them into another water and again into a third, and boil them well over a fire till they are enough: Which you may know by their eaſily giving way to the preſſure of the fingers,

Then ſet ſome clarified ſugar over the fire and when it begins to boil put in your *Apricocks* after they have been drain'd ſet them over a ſlow fire, till they begin to grow green; and when they have imbib'd the ſugar, lay them to drain; then pour upon them as much ſyrup as will immerſe them, and ſet them by till the next day, then put the whole into a pan, ſet it on the fire and make it ſimmer and put the apricocks into an earthen veſſel and drain them the day following in a cullender. In the mean time give the ſyrup ſeven or eight boilings, adding a little more ſugar to it, then throw in the *Apricocks*; but let them only ſimmer; repeat the ſame for the ſpace of five hours, augmenting the ſyrup every time you ſet it to ſimmer, and put in the fruit as often.

In

In the laſt place boil them till you find the ſyrup thick enough, then take them out in order to lay them up.

To make APRICOCK WINE.

Boil ſix pounds of ſugar in ſix quarts of water, ſkim it well, pare and ſtone your apricocks, and put into the liquor 12 pound of fruit; when they have been boil'd tender take them out; and they will be fit to eat for the preſent uſe; but will not keep long unleſs they be managed as in preſerving apricocks.

The apricocks being taken out, and the liquor having ſtood till it is cold, the liquor may be bottled; and you may put into it a ſprig or two of flowered *Clary* before it is bottled, and it may have a walm or two more after the *Clary* is in.

It will be fit to drink in ſix months, but if it be kept longer it will attain a better body, and will keep good two or three years; but if you perceive any ſediment in the bottles after it has been bottled a week, pour of the fine into freſh bottles; which you may repeat again as you ſee occaſion.

The apricocks that are taken out may be made into marmalade, and will be very good for preſent ſpending; but will not keep long unleſs they be manag'd as in preſerving.

Another Way.

For every quart of water allow a pound and half of apricocks, that are not too ripe, wipe them clean and cut them in pieces; and boil them till the liquor has a ſtrong flavour of the apricocks, then ſtrain the liquor through a ſieve and to every quart allow a quarter of a pound or five ounces of ſugar; then boil it again, and keep ſkimming it till it riſes, and when no more will riſe, pour it out into an earthen pot; and the next day bottle it, putting to every bottle a bit of loaf ſugar the quantity of a nutmeg, this will preſently be fit for drinking.

AQUA MIRABILIS.

Take proof, ſpirits ſix quarts, water three quarts; *Balm*, *Roſemary*: *Cowſlip* flowers; *Mint* and *Sage*; of each a ſmall handful; *Calamus Aromaticus*, *Cubebs Galangal* and *Ginger* of each three quarters of an ounce; *Cardamums*, *Cloves* and *Nutmegs*,

Nutmegs of each a quarter of an ounce, macerate, distil and dulcify with three quarters of a pound of fine sugar.

Another Way.

Take six quarts of rectify'd spirits, three quarts of water; *Celandine* four ounces and *Cowslip* flowers; *Ginger*, *Cloves* and *Nutmegs* of each half an ounce; *Marjoram* and *Penny Royal* of each two ounces, infuse these for a night in the spirits, distil, make it up high proof, and sweeten with a pound of fine loaf sugar.

Another according to the College.

Take *Rarifi'd* spirits two gallons, water one gallon, *Cardamums*, *Cloves*, *Cubebs*, *Galangal*, *Ginger*, *Mace* and *Nutmegs* of each half an ounce, juice of *Celandine* two pounds, distil and sweeten with loaf sugar.

Another Way.

Take proof spirits five quarts, water five pints; *Cardamums*, *Cubebs*, *Galangal* and *Nutmegs*, of each a dram; *Cloves* half a dram; white *Ginger* and *Grains of Paradise* each a quarter of an ounce, *Caraway* seeds half an ounce, distil and sweeten with a pound of fine sugar.

AQUA MIRABILIS.

Take *Cardamums*, *Cinnamon*, *Cloves*, *Cubebs*, *Galangal*, *Mace* and *Mellilot* flowers of each two ounces, *Cowslip* flowers, *Rosemary* flowers and *Spear Mint*, of each four handfuls, of the juice of *Celandine* four quarts, of brandy two gallons, of *Canary* the same quantity, of white wine two gallons, infuse them, and distil them off in a glass still with a gentle sand heat.

AQUA MIRABILIS *according to Dr.* Willoughby.

Take *Cardamums*, *Cloves*, *Cubebs*, *Galingal*, *Ginger*, *Mace* and *Saffron*, of each two ounces, pound them and bruise them well, mix them with a gallon of *Aqua Vitæ*, six quarts of white wine, and a quart of the juice of *Celandine*; put all into a glass still, let them infuse for twelve hours and distil them off in a gentle sand heat.

To make AQUA VITÆ.

Take well brew'd beer, that is ſtrongly hop'd and that has been well fermented, and diſtil it in a ſerpentine worm in a large hogſhead of cold water, or if you have not that in an Alembeck; thus do till it come off an inſip'd water, let it ſtand for ſeven days, then diſtil it again, which is called Rectification; by which you may bring it to brandy proof, which is to be known by throwing ſome of it in the fire. It may alſo be rectified again in *Balneo*, and that will free it the better from the phlegm.

Another Way.

Firſt brew beer, hop it ſtrongly aud ferment it well, but if it is not fully rich of the malt, diſtil it as ſoon as it has been fermented, leſt it ſhould flatten; but if it be very ſtrong, it may be kept as long as you pleaſe.

Put into a ſtill with a ſerpentine worm, in a caſk of cold water, to condenſe the ſpirits (or you may uſe an alembick) let your fire be gentle at the firſt, but increaſe it gradually and draw off the ſpirits as long as they will run good, which may be known by the taſte, for they will at laſt run only an unſavoury water, when all the ſpirit is drawn off.

The ſpirit thus drawn off is called low wine. Let this ſtand a week and diſtil it over again.

Theſe low wines or ſpirits are proper for making moſt ſorts of waters.

Another Way.

Take *Cinamon*, *Cloves Cubebs*, *Galangal*, *Ginger* and *Nutmegs* of each an ounce and a half, *Sage* nine ounces, macerate theſe in three gallons of proof ſpirits, adding to them a ſufficient quantity of water. and draw off with a gentle fire, till you ſee the faints appear; ſweeten it with a ſufficient quantity of ſugar according to your palate.

This cordial water was in great eſteem with Mr. *Gallus*, Phyſician to the emperor *Charles* V. and by the uſe of which he is by *Geſner* and *Rantzovious* reported to have liv'd 124 Years.

Another

Another Way.

Take the beſt of *Cinamon* one ounce and a half, *Cloves* and *Nutmegs* of each half a dram, white *Ginger* three drams, black *Pepper* one ſcruple, *Grains of Paradiſe* two ſcruples, powder them groſly and infuſe them for ſix days in a gallon of proof ſpirits (or if you pleaſe with *French* brandy) then put them into a ſtill with a ſufficient quantity of river water, lute the joints well, and draw the ſpirits off with a moderate fire.

If you pleaſe you may aromatize this cordial with a little *Musk* and *Ambergreaſe* ty'd up in a rag and hung in the Bottle, and ſweeten it with loaf ſugar.

Several phyſical authors write, that the lives of many perſons have been prolonged by the uſe of this cordial.

Theſe cordials are chiefly uſeful to people in years and cold conſtitutions; and the decay of natural heat, but may be prejudicial to young and cholerick conſtitutions.

To make AQUA VITÆ REGIA.

Take the peels of *Oranges* and *Lemons* of each three quarters of an ounce, of the roots of the *Carline Thiſtle*, *Valerian* and *Zedoary* of each an ounce; *Fennel* ſeed the leſſer, *Cloves* and *Cardamums* of each half an ounce, of *Lignum Aloes* an ounce; of *Sage*, *Roſemary* and *Marjoram* in the flower, of each two handfuls; bruiſe what requires bruiſing and put them in two quarts of Malmſey, and two quarts of ſpirits of wine; let them be ſtopt up cloſe in a matraſs and lie to infuſe for nine days over a gentle fire then diſtil them and diſolve in the diſtill'd water, musk and ambergreaſe of each a dram and a half; then bottle it up for uſe.

Theſe cordials are by very eminent phyſicians, highly recommended, who tell us that they reſiſt putrefaction, promote concoction, recreate the vital ſpirits with an unuſual vivacity; comfort the brain by ſtirring up the natural heat, ſtrengthen the memory, and preſerve the mechaniſm of a human body from ſinking under an Apoplexy.

ARI *or* CUCKOW PINT.

Is a very early ſpring plant, and extremely pungent and volatile, inſomuch that the leaſt touch of its juce upon the tongue is ſcarce bearable and almoſt cauſtick.

This quality recommends it in all viſcidities, phlegmatick and ſcorbutick caſes, becauſe it is penetrating and rarefying of

tough concretions and ſtuffing of the Glands and Capillary veſſels.

It is good for perſons in *humerous Aſthmas* and obſtructions of the *Bronchia*, and by the great force and activity of its parts, it breaks through, and wears away thoſe little ſtoppages in the extremities and cutaneous *Glands*, which cauſe itchings and ſcabs, and is therefore juſtly rank'd amongſt the moſt powerful antiſcorbuticks.

Some aſſert that a dram of this root freſh powder'd, and taken in any proper vehicle is a moſt excellent remedy againſt the poiſon and plague.

Van Helmont gives it great commendations, being mixt with vinegar for bruiſes and falls, by its preventing the blood from ſtagnating and falling into grumes or clods in the injur'd parts.

Matthiolus, alſo recommends highly a cataplaſm made of it mix'd with freſh bruiſed cow dung, and apply'd in arthritick or gouty pains; for that ſuch a compoſition cannot but do all that can be effected by the moſt penetrating ſubſtances.

Dr. *Crew*, tell us, if the root be kept long dry it loſes its efficacy, the volatile parts in which it conſiſts flying away, and therefore the common powder that bears the name of it in apothecaries ſhops is of little or no value, unleſs ſuch care is taken of the ingredients, and eſpecially this, that it be as ſuddenly dry'd and powder'd as poſſible and then the mixture kept in a cloſe ſtopt phial.

It may be eaſily known whether it has been ſo manag'd as before directed, that the volatile parts have been retain'd; for if it be put into *Electuaries* or *Bolus*'s, it will quickly work them up like yeaſt; but as it is generally found in Apothecaries ſhops, it will lie quiet enough in theſe forms.

ARSNICK is a violent poiſon, which never can be taken inwardly, but if any one happens to have ſo done, the remedies are to drink good quantities of melted greaſe and oil as ſoon as poſſible, they being proper to incumber and involve the points of this burning ſalt, and to cauſe a diſcharge of it upwards and downwards; after which, let the patient drink a great quantity of milk, to complete the allaying the vigour of this poiſon.

The *white Arſnick* which is the moſt dangerous of all the three ſorts, does not begin to have its effects 'till half an hour after it has been taken; but then it cauſes great pains, rendings, inflammations in the bowels, violent vomit-

ings

ings, reſtleſneſs, convulſions. a general faintneſs, and at laſt, if not timely reliev'd, death it ſelf.

Arſnic will conſume and eat fleſh, ſome apply it to corns on the feet, and its cauſtick oil is uſed in conſuming the proud fleſh of wounds.

ARSMART, an herb extremly hot and penetrating, inſomuch that the taſte is hardly tolerable on the tongue, hence it is good in ſcorbutick caſes, hypochondriac affections, and all diſorders proceeding from a ſluggiſh circulation of the blood, It is alſo uſed in belly aches, cholic, ſcurvy, ſpleen and all chronic diſeaſes.

Mr. *Boyle*, and others, commend the diſtill'd water for the ſtone.

ARTICHOKES. The young buds of them may be eaten with pepper and ſalt, as uſually figs, mellons, *&c.* are eaten; and the *Chard* being blanch'd and made tender, is by ſome perſons accounted an excellent diſh; and ſo are the roots, ſtalks, and leaves, if blanch'd and preſerv'd while they are young and tender.

Artichokes are accounted to be very windy, to produce melancholy humours, injurious to the head, and hinder digeſtion, *&c.* But yet if they be boil'd in broth and eaten with pepper and ſalt at the end of a dinner; they will be leſs hurtful and more pleaſant to the ſtomach.

The ſtalks are blanch'd in Autumn and the pith eaten either raw or boil'd.

The way to preſerve them freſh all winter, is to ſeparate the bottom from the leaves, and afterwards to parboil them and afterwards to allow to every bottom an earthen or glaſs pot, burying all over in freſh melted butter; or you may put more into a larger pot layer upon layer, each parted from the other by a layer of butter.

You may alſo preſerve them by ſtringing them on a packthread, and puting a clean paper between every bottom to keep them from touching one another and ſo hang them in a dry place.

To keep ARTICHOKE *Bottoms.*

Let the artichokes be the ſmall ſort about *Michaelmas*; boil them ſo long till you can take of all the leaves and chokes; then lay them on tin plates and ſet them into an oven after things have been drawn and is ſo cool that it will not in the

leaſt diſcolour them; repeat this till they are dry; then put them into an earthen pot to keep.

Tie them down cloſe, and ſet them in a dry place; when you would uſe them put them into ſome ſcalding water till they are tender, cut them in large dice, they will look white and eat very well all the winter.

ARTICHOKES *To keep all the Year.*

Take Artichokes at the latter end of the ſeaſon, and having half boil'd them, dry them in a kiln upon a hair cloth for 48 hours, and being very dry, lay them in a dry place; when you uſe them lay them in ſoak all night in water, and when you boil them, boil them tender.

Another way to Preſerve them.

Cut the bottom with a ſharp knife clear of their leaves and chokes and fling them immediately into cold water, to prevent their turning black, let them lie for half a quarter of an hour, then waſh them and drain them a little, and put them into wheat or barly flour, covering them all over with it, then lay them upon wire ſieves or pieces of wicker work to dry in an oven gently till they are quite dry and hard; then lay them up in a dry plaee, when you uſe them lay them in water 24 hours, and then boil them till they are tender, and they will eat as well as if they were freſh cut.

Of gathering ARTICHOKES.

When you gather Artichokes, obſerve whether the leaves of the Artichokes point inwards, and lie cloſe at the top, for if ſo, the bottom is large and full; but if many of them be ſpread from the top, then the choke is ſhot ſo much, that much of the heart of the artichoke being drawn out, the bottom will be the thinner.

When you cut them, cut them with long ſtalks, that they may be the better clear'd from the ſtrings when you uſe them, otherwiſe it will ſpoil the goodneſs of the bottom.

When you have pull'd the ſtalks from the chokes, lay them in cold water for an hour, and then put them into a kettle of cold water to boil, till they are tender that you can ſeparate the bottom from the chokes, then lay them on a cullendar or ſome ſuch thing to drain; then lay them on a wire ſieve and ſet them in a gentle oven till they are by de-

grees

grees grown as hard as wood, then lay them by in a cool place and they will keep good twelve months.

When theſe are to be dreſs'd, they muſt firſt be laid in warm water, often repeating it to them 48 hours, and this will bring them ſo to themſelves, that when they are ſcalded they will be as if they were freſh gather'd.

To preſerve them by Pickling.

The artichokes being gather'd and prepar'd as before, put them and boil them with a reaſonable quantity of ſalt, then take the kettle from the fire, and ſet by till the ſalt is ſettled to the bottom; then pour off the water clear into a glaz'd earthen veſſel in which you deſign to keep them, taking off the leaves and chokes from the bottom, waſh them well in two or three waters and put them into the brine or pickle that they were boil'd in, when both are quite cold; upon which pour as much oil as will cover them half an inch thick, or you may do the ſame with melted butter. This being done only to keep the air from the artichokes.

Some add vinegar to the water they were boil'd in, every one as to that may do as ſhe pleaſes, then cover the top of the pot cloſe with paper and lay a board over it to keep it from the air, or elſe cover it with a wet bladder and tie it down cloſe.

They will keep good till the next ſeaſon, and when us'd are to be laid a ſteep in cold water without ſalt, to do which the better, the water may be ſhifted two or three times.

Of the ſmall ſuckers of Artichokes, or ſmall Artichokes

Gather the young heads of artichokes, theſe ſhould be no bigger than middling apples; and boil them with ſalt and water till they are tender, ſplit each into four or ſix parts, flouer them well, and fry them in hogs lard, and eat them with butter and pepper and a little orange jucie or verjuice.

To fry ARTICHOKES.

Cut the thick bottoms into quarters, and having peel'd them till you come to the white, form the pieces into the thickneſs of an inch, and when the traſh has been taken off and the points of the leaves, put the pieces into water till you have a mind to fry them.

When you fry them, powder them in flour, and fry them in hogs lard very hot, or in ſome good oil or butter half burnt; take care you do not burn them, take them out and ſtrew ſome fine ſalt over them, moiſten them with vinegar, and cover them with fry'd parſly; put gently into the pan, and taken out with a ſcummer and drain'd.

To Fricaſſee ARTICHOKES.

Take off all the leaves, and cut the bottom in pieces or quarters of a middling thickneſs, and having blanch'd them, almoſt parboil them in water, with a little ſalt, ſavoury and chibouls; then take them out, dry them, and put them into half burnt butter, adding to it a little ſalt and muſhrooms; after this boil them ſuficiently, and laſt of all, add to them a little verjuce, vinegar or white ſauce with eggs and ſome vinegar, and having dreſs'd them, ſcrape ſome nutmegs upon them. Or thus,

Take the bottom of *Artichokes*, pull off the choke and throw them into water, and let them lie a quarter of an hour; change this water once or twice: if they are hard it will be proper to give them a boil or two in water with a little ſalt, but they will not taſte ſo well.

Dreſs the Artichokes in an earthen diſh with butter, ſalt, and a clove or two, keeping them cover'd; and when they are half done, add a little verjuce or vinegar; ſome put in wine and chippings of bread; when they are enough grate a little nutmeg over them.

To dreſs ARTICHOCES.

Few are ignorant that in dreſſing Artichokes, they are firſt to be boil'd in water, then they are to be drain'd with their bottoms upwards, and when they are grown cool, ſo as you can handle them, open them and take out the choke, and ſerve them up in ſauce made of butter, ſalt, pepper, vinegar, and nutmeg.

To Pickle ARTICHOKES.

Give them a boiling, then pick off the leaves and chokes clean, and put the bottoms into cold water; take them out and give them a boil, then put them into an earthen pan, and pour upon them water that has been well ſalted, ſo as to cover them three fingers thick; ſome put half water and half

half vinegar ; then pour on good oil two fingers thick, or butter that is not much more than melted.

Set the the pot upon a board in a cellar, and cover it with a linnen cloth doubly folded.

When theſe Artichokes are to be eaten, take them out with a ſtick, ſteep them in water over night, and dreſs them as pickl'd Artichokes are to be.

Another way of keeping ARTICHOKES.

Take them, as before, out of the water, put them between two napkins, that they may be thoroughly drain'd, then pot them with verjuice or vinegar, ſo that it may be 3 inches thick above them, adding ſome ſalt, and the next day oil, and put them in a cellar as before; but the Artichoks thus done, will have but little taſte, they having loſt it in the vinegar.

Artichokes may be kept a fortnight or longer, if they be boil'd in water, ſalt and butter, ſo as to ſwim thereon a finger thick; but they muſt have five or ſix boils together, and be thus kept in butter.

To preſerve the Stalks of ARTICHOKES

They may be done as *Aſparagus* are, by half boiling them and laying them along in a pan, and pouring on them butter two fingers thick . They may alſo be kept raw five or ſix days that they may wither,; then lay them at their length in a pan, and cover them with a pickle, and pour oil or butter upon them.

After they have been pickled, and nothing left behind but what is good, cut them into bits, waſh them and blanch them in water, with ſome ſalt, pepper, vinegar, and ſlices of bacon, take them out and uſe them with ſauce made of butter thickned with flour, ſalt and vinegar ; or elſe put mutton gravy into a copper pan with ſweet herbs and ox marrow chopp'd ſmall, ſeaſon'd with ſalt and pepper, when they are done enough, dreſs them in a diſh with ſalt and vinegar.

Another Way.

Cut thin fine white ſtalks into pieces of five or ſix inches length take away the ſtrings, both within and without ; tie them up in little bunches, boil them in water with ſalt

adding

adding ſome crumbs of bread and a little butter, that they may be the whiter, and have a better taſte; having boil'd and drain'd them well, put to them butter ſauce, ſeaſoned with ſalt vinegar and nutmeg.

An ARTICHOKE *Pye.*

Take the bottoms of ſix artichokes; boil them, ſcrape them and cleanſe them well from the core, divide each of them into ſix pieces, and ſeaſon them with a little ſalt, cinnamon, nutmeg and ſugar; lay them into your pye; then having the marrow of three bones, dip it into yolks of eggs and grated bread; ſeaſon it as you did the artichokes, and then lay the marrow on the top and between the artichokes; and upon all, lemon, barberries, large mace and butter, then cloſe up the pye and bake it, and when it is drawn pour in a lear of white wine, ſack and ſugar, thicken'd with yolks of eggs and a bit of butter; pour it in, ſhake it together, and ſerve it up hot.

The Vertues of ARTICHOKES *are:* They are a cordial, ſudorifick, opening, reſtorative, nouriſhing, and proper for purifying the blood; the roots boil'd in wine and drunk, is a ſovereign remedy for removing difficulty and ſtoppage of urine, and are good for dropſical people; it will alſo take away the ſtench of the arm-pits.

ASARABACCA, is a plant of a heating quality, provokes urine; ſix drams of its roots boil'd in honey'd water, purge choler and flegm upwards and downwards, and therefore are very good for the dropſy.

ASCITES, this is one of the three kinds of dropſies more dangerous than the *Tympany*, and the *Tympany* than the *Anaſarca.*

This diſtemper proceeds from a great deal of ſeroſity and very little blood, by reaſon of the weakneſs of the liver and reins, which being ſpread between the *Epiploon* and *Peritoneum*, float in the belly, as wine does in a bottle that is but half full.

The body in this diſeaſe ſinks and grows lean, the patient breathes with difficulty, makes thick and red water, and has no inclination to make water, and tho' his fever be ſmall, yet it is without intermiſſion.

For the cure of this malady, bleeding plentifully is neceſſary, and therefore it may be done from time to time: Alſo give gliſters of the herb *Mercury*, *Leeks*, *Mallows* and *Camomile*, mix'd with ſome leaves of *Rue* and *Anniſe*, with four ounces of coarſe ſugar, a pinch of ſalt, with three ſpoonfuls of the oil of olive.

Purge him once or twice a week with a dram of *Rhubarb*, and as much *Agaric*, half pounded and infus'd for a night in hot aſhes, in a glaſs of the decoction of *Agrimony* and *Betony*. The next day having ſtrain'd this infuſion, diſſolve in it ſix drams of the double *Catholicon*, or elſe of the juice of *Flower-de-luce* or garden flag, to the quantity of what may be contain'd in half an egg-ſhell, with two drams of *Rhubarb* reduc'd into powder, and four ounces of honeyed water, mix'd together, to be taken in a morning faſting, twice a week: Or,

He may take an ounce of the juice of the root of *Palma Chriſti*, with as much ſugar, faſting,

He may every morning in ſome broth take half a dram of *Fern* root, or of the root of wild *Cucumbers* powdered, or three drams of *Wall-wort* ſeed in white wine, or five ounces of broom water, before he eats any thing.

But if he makes water with difficulty, give him five grains of the aſhes of crickets, found about bakers ovens.

ASHEN KEYS, *to pickle.*

Let them be as young as you can get them, put them in a pot with ſalt and water; then pour over them green whey hot, let them ſtand till they are cold; then cover them and let them ſtand, when you uſe them boil them in fair water, till they are tender; then put them in ſalt and water.

ASPARAGUS *to pickle.*

Lay them in an earthen pan, and pour on them a brine made with ſalt and water, ſo ſtrong that an egg will ſwim in it, and then cover them cloſe; when you uſe them hot, firſt put them in cold water for two hours, then boil them and butter them for the table; but if they are to be us'd as a pickle, firſt boil them and then lay them in vinegar.

To preſerve ASPARAGUS.

Firſt cut away all the hard part, and juſt boil up the reſt with butter and ſalt, then fling them into cold water, but take

take them out again immediately and lay them to drain, and when they are cold, put them into a gallipot, large enough for them to lie without being bended; adding vinegar and water in equal quantities, as much as will cover them half an inch; ſeaſon it with ſalt and whole cloves; then ſpread a piece of linnen cloth ſingle, on the ſurface of the water, and pour melted butter over it, and keep them in a temperate place: When you would uſe them, firſt lay them in ſteep in warm water, and dreſs them as you would do freſh aſparagus.

ASPARAGUS *in Cream.*

Break the tops of your aſparagus in ſmall pieces, and blanch them a little in boiling water, or parboil them; then put them in either a ſtew or frying-pan, with either butter or hog's lard, and let them ſtand for a little while over a briſk fire, taking care that they be not too greaſy, but very well drain'd; then put them into a clean ſtew pan with cream and milk, ſeaſoning lightly with ſalt and ſpice, and a bunch of ſweet herbs, when they are juſt almoſt enough, add to them the yolks of two or three eggs, beaten with a little cream to bind the ſame.

ASTHMA, an indiſpoſition of the lungs, that happens frequently without a fever, with a cough, occaſioned by groſs, thick and viſcous humours, which have for a long time been collected in the cavities, which ſtop, embarraſs and ſtraiten the air-pipes.

A perſon may be miſtaken as to the difficulty of breathing, and fancy that they are troubled with an *Aſthma*; whereas it ought to be conſidered, that the *Liver*, *Spleen*, *Womb* and *Hypochondria*. as well as in the *Dropſy*. *Ulcers* or *Abſceſs* of the lungs, by their flagginеſs faſtening themſelves to the ſides, may cauſe a difficulty of breathing; which are not to be accounted as a common *Aſthma*, but as diſeaſes that ought to have their particular cures.

Thoſe perſons who are ſubject to *Defluctions* and *Catarrhs*, as alſo aged perſons, and ſuch as have narrow and ill-form'd breaſts, are ſubject to it, and cannot be cur'd of it.

Women-kind are not ſo ſubject to an *Aſthma* as men, and when affected with it are ſooner cured: To effect which, it will be proper to bleed them in the foot, if their *Menſes* are ſtopt; and as for ſuch as are in the prime of their years, they ſhould have ſome blood taken from them from time to time, and purged with *Aloes*, *Agarick* or *Rhubarb*.

Let

Let them alſo take ſix drams of *Diaphenicum* in a glaſs of the decoction of *Polypody*, from day to day; when they are going to bed or ſit down to ſupper, or elſe in the morning.

They may alſo take glyſters made of the broth of an old cock, with half an ounce of *Aloes* in powder, four ſpoonfuls of common oil, and a pinch of ſalt.

In the morning when they riſe, let them take in at the noſe the juice of *Leeks*, mix'd with the juice of *Elder Leaves*, with half a dram of *Nutmeg* grated in it.

They may alſo take a handful of common wood-lice, which being wrapt in a linnen cloth, infuſe them in a pint of white wine for four hours, and now and then drink half a glaſs of it.

In a common fit, take *Maſtick*, *Frankincenſe*, *Storax*, *quick Sulphur*, of each a dram, and having mix'd them with the yolk of an egg, and a dram of *Turpentine*, make the whole into a paſte, of which put ſome on the end of a ſtick, ſet it on the fire, and let the patient receive the ſmoke and vapour into his mouth.

When the fit is at the height, the following remedy is very proper: Take a pure, white and well grown leek, chop it ſmall, and mix it with two ounces of freſh butter, an ounce and half of ſugar, and the yolk of an egg, let them be mix'd together for the ſpace of an hour, and let the patient take the quantity of a nutmeg at a time.

Another for the Same.

Boil the juice of *Elecampane* root and *Hyſſop*, of each half a pound to a ſyrup, with double their weight of *Sugar-candy*, of which take one ſpoonful in two ſpoonfuls of *Hyſſop*-water, and one ſpoonful of compound *Briony*-water, three time a-day.

Another for the Same.

Take *Hyſſop*-water and *Poppy*-water, of each ſix ounces, *Oxymel* of *Squills*, ſyrup of *Maiden-hair*, rather more than an ounce; of this take one ſpoonful, when you find any difficulty of breathing.

In a ſtrong fit of the ASTHMA.

Take three ounces of *Linſeed* oil, cold drawn; one ounce of the ſyrup of the balſam of *Tolu*, ſhake them very well together, drink it all up, or as much as you can, faſting; it

will

will give a vomit, and perhaps a ſtool or two; but it has often afforded relief when *Squills* (which are eſteem'd almoſt a ſpecifick for that diſtemper) have fail'd.

Another for the ASTHMA.

Roaſt four cloves of garlick till they are ſoft; then bruiſe out the pulp, and put it into four ſpoonfuls of honey; two ſpoonfuls of powder of *Elecampane*; of *Anniſeeds*, *Coriander*, and *Liquorice* all finely powdered and ſifted, one ſpoonful and a half, of which take the quantity of a nutmeg, morning and evening,

B.

BAKING, is the art of making *Bread*, which is either *ſimple* or *compound*; the ſimple is that made wholly of one ſort of grain; the *compound*, that made of wheat and rye mix'd; or wheat, rye and barley mix'd together; of theſe meals, that which is oldeſt is beſt and yields moſt, provided it be ſweet and untainted; and in order to preſerve it ſo, it muſt be kept in ſweet veſſels.

For the *baking* of ſimple meal, the beſt and principal bread is *Manchet*, which is order'd as follows.

The meal having been ground on black ſtones, if that can conveniently be had, will make the whiteſt flour; bolt it through a very fine bolting cloth; then put it into a clean kneading trough, and make a hollow place in the middle of the heap, and pour in the quantity of three pints to a buſhel. of the beſt ale, with barm and ſalt to ſeaſon it; let your liquor be pour'd in moderately warm, and mix and knead all well together with both your hands; and through the brake, or for want of that, wrap the dough in a cloth, and tread it well for a conſiderable time with your feet; then let it lie an hour or more to ſwell, then take it out and mould it into round and flat *manchets*; ſcotch them about the middle to give way to their riſing, and alſo prick the dough with a knife at the top, and then ſet it into a gentle oven to be baked.

In order to bake the beſt wheaten bread, which is alſo wholly made of wheat, the meal may be dreſs'd and bolted through a coarſer bolter, than that us'd in making *manchet*: Put it into a clean kneading trough or veſſel, and take a piece

piece of ſour leaven; that is a piece of ſuch leaven that has been ſav'd from a former batch, and well filled with ſalt, and ſo laid up to ſour: Break this ſour bread in ſmall bits into warm water, which ſtrain into the hollow place that you have before made in the heap of flour, and mix it well together with your hand, with ſome part of the flour, till it is as thick as batter deſign'd for pancakes; then cover it all over with meal, and leave it in that ſtate all night; the next morning ſtir that and the reſt of the flour all well together, and ſeaſon it with a little more warm water, barm and ſalt, and bring it to a perfect leaven, ſtiff and firm: After this, knead, break and tread it, as is before order'd for the *manchets*, and then mould it up into loaves of a convenient ſize, and bake it in a pretty hot oven.

After the manner of theſe two examples may be baked either leaven or unleavened bread, either all wheat or all rye, or wheat and rye mix'd; or wheat and barley, or rye and barley; or any other mixt white corn; but rye being a ſtronger grain than wheat, it will require the water to be a little hotter than wheat does.

3. For *Oven Bread*, which is the coarſeſt ſort for man's uſe; take a buſhel of barley, a peck of peas, half a peck of wheat or rye, and half a peck of malt, all which let be ground together, and dreſs'd through a meal ſieve; then put it into a ſour trough, and having liquor ready boil'd, let one perſon put in the water, and another maſh with the rudder, ſtir ſome of the flour therewith, but let it be firſt ſeaſoned with ſalt; after which let it lie till the next day; then put in the reſt of the flour, and work it up into ſtiff leaven, and then mould it; and bake it in large loaves in a well heated oven.

If the trough be not ſour enough of it ſelf to ſour the leaven; then let it lie the longer in the trough, or elſe take the help of a ſour leaven with the boiling water; for by how much the liquor is the hotter, by ſo much leſs will be the ſmell or rankneſs of the peas perceiv'd.

BALDNESS. If the hair falls off by reaſon of the headache or other diſtempers. *Firſt*, Waſh the head with a decoction of *Maiden-hair*, *Beet* and *Myrrh*, and then rub the root of rhe hair with the following oil.

Take an equal quantity of ℔ *Juniper*-berries, *Laudanum*, *Wormwood* and *Maiden-hair*; boil them in a pint of wine, and half a pound of *Myrrh*, till the wine be almoſt conſumed, and uſe it morning and evening. Or,

You may ſteep mice dung in vinegar, and rub the hair with it; rats dung is likewiſe good for this purpoſe. Or,

Boil

Boil black *Venus* hair, and with the decoction waſh the head and rub it with *Bear's-greaſe*.

BALM, a garden, odoriferous herb, whoſe leaf when tender, is part of ſallet furniture.

Is is of a healing and exhilarating cordial quality; ſovereign for the brain, ſtrengthening the memory, and powerfully driving away melancholy; the ſprigs being freſh gathered and put into wine or other drink, during the heat of the ſummer, give it a wonderful quickneſs; and beſides an excellent wine may be made of it after the ſame manner as cowſlip wine.

BALM GENTLE, is exhilarating to the heart and diſcharges the ſpirits of melancholy the juice may be apply'd with ſucceſs to freſh wounds which it will cloſe and heal: it is alſo good againſt the bites and ſtings of venomous creatures and alſo the plague which way ſoever you uſe it. It is a ſingular remedy to be taken by thoſe who ſuſpect they have eaten ſome venemous food as muſhrooms, *&c.*

If *Bee-hives* be rubb'd with *Balm-gentle*, it will bring back a ſtock of bees that have left their hives; and thoſe who have a mind to make them ſwarm, rub their hives with *Feverfew*.

To procure the Spirit of BALM GENTLE.

Put the leaves into brandy, and ſet them in a cellar to infuſe; let them be covered with the brandy two fingers thick, when they have fermented for eight days, diſtil them in a *Balneo mariæ*. This ſpirit is exceeding good to ſtrengthen the brain, and conſume its ſuperfluous humidity.

The ſame method may be us'd in procuring the ſpirit of *Wormwood*, which is good to help digeſtion; that of *Holy-Thiſtle*, a preſervative againſt the plague, and that of *Camomile*, which is reſolutive.

BALM WATER. *to make.*

Bruiſe the plant, ſprinkle it with white wine, and diſtil it in a *Balneo mariæ*, there not being moiſture enough to do it otherwiſe, and when it is drawn off, ſtop it very cloſe. After the ſame manner may be diſtill'd any other odoriferous plants.

BALM *of the male* BALSAM *Apple*, is good for the cure of all ſorts of wounds, and particularly for thoſe in all the nervous parts; it heals and conſolidates chops in nipples, eſpecially if a little *Camphire* be added to it; it cures burns; allays

allays the pains of emrods, and being mix'd with a little oil of eggs, it effaces ſcars in the ſkin.

To make this *Balm* or *Balſam*, take the flowers, leaves, and fruit of the plant, of each two ounces; the roots of the large *Groundſel*, *Valerian*, *Adders-tongue* and round *Ariſtolochia*, of each one ounce, the leaves of *Periwinkle* and *Sanicle*; the flowery tops of St. *John*'s wort, *Birdlime*, found in the huſk of elms, and the juice of the river *Crevice*, of each three quarters of an ounce, and two pounds of oil of *Olives*; pound all that is to be pounded, and put all into a glaſs veſſel with a cover, and expoſe it to the ſun-beams for 12 days in the ſummer time; then make a decoction of them boiling in a *Balneo mariæ*, till the moiſture is conſumed; then ſtrain, preſs it; and clarify the oil; then mix with it half a pound of oil diſtill'd with *Gum*, *Sandarach*, and the balſam is finiſh'd.

BALM *or* BALSAM *of* Gilead, *or* OPOBALSAMUM, *or* BALM *of* Mecca, ſo call'd becauſe it is brought to us from thence.

It is about the conſiſtence of a ſyrup; but of extreme ſmall and ſubtile parts, tho' of the turpentine kind, and very fragrant.

It is extremely valued, being accounted a valuable preſent from the governour of *Mecca* to the Grand Seignior, *&c.* and when genuine is a very noble medicine; but its price and ſcarcity makes it comes to us ſometimes very much adulterated.

It is an admirable opener of obſtructions of the lungs, and healer of eroſions by acrimony, and ulcerations of the worſt kind: It is excellent in *Aſthmas* and *Pleuriſies*, and whatſoever maladies want expectorations; nor does any other medicine exceed it in theſe.

It affords relief in all inward decays; is particularly good for diſeaſes in the reins and urinary paſſages, it paſſing quickly through them, as may be eaſily perceiv'd by the ſmell of the urine.

Uſed externally it gently deterges and incarnates; and with the yolk of an egg it will eaſily mix with any liquid, and is us'd with lindſeed oil for the ſame intentions: or with barley-water or any liquid of the ſame kind.

BALSAM, *call'd the* FRYARS BALSAM.

Take a quart of ſpirit of ſack, cut a quarter of a pound of *Sarſaparilla* ſhort, two ounces of *China*-root ſlic'd; then

one ounce of *Virginian Snake-weed* cut ſmall; put all theſe into a two quart bottle, and ſet it in the ſun, ſhaking it two or three times a-day, till the ſpirit be tinctured as yellow as gold; then clear off the ſpirit into another bottle, and put to it half a pound of gum *Guaiacum*, then ſet it in the ſun again, ſhaking it very often till all the gum is diſſolv'd, except the dregs, which will be in 10 or 12 days; then clear it again from the dregs, and put to it an ounce of the natural balſam of *Peru*; ſhake it well together, and ſet it in the ſun for two days, then put in an ounce of balm of *Gilead*; ſhake all well together again, and ſet it in the ſun again for a fortnight, and then it will be fit for uſe.

Among its virtues, which are too many to enumerate here, it is good taken inwardly in moſt diſtempers, and proper for all ſores and wounds, by pouring in ſome drops and binding lint thereon.

The doſe taken inwardly is from half a ſpoonful to a whole one in ſugar, or in any liquid vehicle for conſumptions or any inward ulcer, uſe moderate exerciſe with it.

BALSAM *or* BALM *of* PARACELSUS, *to make.*

Take four ounces of ſpirit of *Turpentine*, *Aloes* wood three ounces, *Bdellium*, *Myrrh*, *Gum Armoniac*, *Calamint*, *Olibanum*, *Maſtick in tears*, *Cinnamon*, *Storax*, *Cloves*, *Nutmeg*, *Galangal*, *Gum of Ivy*, *Cubebs* and *Zedoaries*, of each two ounces, *Trochiſhs* of *Vipers* of *Auſtria* an ounce; the juice of *Figs*, three ounces; *Treacle* of *Andromache* two ounces; *Bay* berries and *Saffron* of each two ounces: Pound what are proper to be pounded and ſift them, and put all into a retort, ſtop it, and let it infuſe for the ſpace of eight days, then fit a recipient to it, and diſtil it with a ſlow ſand heat, and you will ſoon perceive a viſcous water of a yellow colour, ſwimming on the ſurface of the phlegm, and after that an oil, that is in the balm; which you are to rectify with the balſam of *Peru*, in order to take away its ill ſcent.

As for the juice of figs before-mentioned, take notice that they are to be cut into ſmall pieces, and not to be pounded and put into a matraſs with ſpirit of wine, covering them the thickneſs of two fingers; ſtopt up and expos'd to the ſun for eight days; then ſtrain'd through a linnen cloth, and gently preſs'd; then the liquor being put into a limbeck is to be diſtill'd to a pretty thick conſiſtence.

This balſam being taken inwardly, repairs the digeſtive faculty, ſtrengthens the ſtomach, and is good in difficulty of

breath-

breathing, an *Aſthma* and the palpitation of the heart; repairs the diſorders of the breaſt, and diſtempers of the lungs; and the immoderate fluxes of women.

It is likewiſe good for ſore eyes, hyſterical diſtempers, vomiting, pains in the ſtomach; ſpleen, apoplexy and falling ſickneſs, and allays the pains of the gout.

It may be given in broth to women in child-bed, for all diſorders that attend them on ſuch occaſions; and if need be may be repeated, and alſo to thoſe who are troubled with cancers and dangerous maladies.

The doſe is from three to five drops.

It being applied to wens, ulcers, gangrenes and the itch, cures them; is good to ſtrengthen weak nerves, and for the cure of the leproſy.

A drop of this balſam put into the ear morning and evening, cures deafneſs and pains in the ears.

The French *King's* BALSAM.

Take red *Sage* and *Rue*, of each four ounces; young *Bay-Leaves* and *Wormwood*, of each two ounces; ſtamp them unwaſh'd in a mortar with 12 ounces of ſheep's-ſuet, hot from the ſheep, till it is all of a colour, then add to it a pint of *Olive* oil, working that with the reſt; then put it into an earthen pot well ſtopp'd for eight days; then boil it on a gentle fire; when it is juſt ready to be taken off the fire put in an ounce and a half of oil of *Spike*; boil them together for a little while, taking care that it do not burn; then ſtrain it and keep it for uſe.

This muſt be made in *May*, and will keep good many years.

This balſam chaf'd into the ſmall of the back, gives eaſe in the ſtone. It cures ſtrains or ſtiffneſs; as alſo bruiſes or over-ſtretching of veins: It eaſes the cramp; is good to aſſuage the anguiſh or ſwelling of wounds. The quantity of a pea chaf'd into the ear and ſtopp'd with black wool, helps pains there. It is a uſeful balſam in a family.

BALSAM *of* PERU. Of this there are reckon'd three ſorts, the firſt is call'd the *dry Balſam*, and is an hard dark red roſin, which diſtils from the branches of a ſmall tree, growing plentifully in *Peru*.

The ſecond is call'd the *white Balm of Peru*, and is a white odoriferous liquor that diſtils from the ſtalk and great branches of the ſame tree, by inciſions made in them.

The third is viſcous and of the conſiſtence of turpentine, of a brown darkiſh colour, and of an agreable ſmell.

This is extracted by boiling the leaves and boughs of the ſame ſhrub for ſome time in water, and then ſetting the decoction by till it is cold, when the *Balſam* will be found ſwimming at the top; which is taken off and kept in bottles.

This is the balſam moſt in uſe with phyſicians and perfumers.

The virtues of theſe three balſams are to ſtrengthen the nerves, fortify the brain, heart and ſtomach; to cleanſe and heal wounds, to expel ill humours by tranſpiration, and diſſolve cold tumours or ſwellings. It is likewiſe good againſt the ſcurvy.

When given inwardly the doſe is from one drop to ſix.

The oil of *Amber* is us'd inſtead of it inwardly, and the oil of *Hypericon* and *Turpentine* outwardly.

BALSAM *of* CAPIVY } is a balm or balſam that di-
BALSAM *of* COPAHU } ſtils from a tree growing in *America*, by inciſions made therein: The firſt that iſſues out reſembles clear, white oil, and has the ſcent of roſin; and that which iſſues out laſt, is thicker than turpentine, and of a dark yellow colour.

Both theſe have the virtue of cleanſing and conſolidating wounds; are good to ſtrengthen the nerves, to diſſolve and ſtop *Gonorrhœas*; are uſeful in rheumatiſms, fractures and diſlocations.

A BALSAM *for inward or outward Sores.*

Take *Linſeed* and *Sallad* oil, of each equal quantities, to a pint and half of this put eight ounces of *Chio* turpentine, well waſh'd in *Red-roſe-water*, four ounces of red *Saunders*; four ounces of yellow *Bees Wax*, and a quarter of an ounce of *Maſtick*, a quarter of an ounce of *Cochineal*, and half a pint of ſpirit of *Sack*: Simmer theſe over a gentle fire, till all are well incorporated; then put it up, and ſtop it cloſe for uſe. The doſe is the quantity of a nutmeg, faſting an hour before or after.

BARA PICKLET. Bread made of fine flour, and kneaded up with barm, which makes it very light and ſpungy, its form is round and about a hand's breadth.

To pickle BARBERRIES.

Let the *Barberries* be pick'd in dry weather, then lay them in bunches into a glaz'd earthen pot; then make a good quantity of water ſtrong with ſalt, boil it and ſcum it as it riſes; then ſet it by till 'tis quite cold; then pour it on the barberries, ſo as to cover them an inch, and cover them up cloſe. Some uſe half vinegar and half water.

BARDS, broad ſlices of *Bacon*, with which pullets, capons, pigeons, and other ſorts of fowls are ſometimes covered, before they are roaſted, bak'd or otherwiſe dreſs'd.

A Tincture of the BARK.

Put an ounce of the fineſt *Bark* in large pieces, into four ounces of ſpirit of *Sal Armoniack*; ſtop it up cloſe, and ſet it in the ſun, or on warm embers for 24 hours; then pour it off clear, and keep it for uſe.

This is to be taken in agues or fevers, from 10 to 40 drops, according to the age or ſtrength of children, women or men, in wine and water.

It muſt be repeated every four hours, as doſes of the *Bark* are.

This is commended as the ſafeſt and moſt effectual medicine for theſe diſtempers.

BARLEY, a grain whoſe principal uſe is for making beer; as being the ſweeteſt and moſt pleaſant grain for that purpoſe: It is likewiſe the beſt grain for fattening hogs; either boil'd with no more water than it will drink up, or ground in a mill and wetted into a paſte, or made into a maſh.

Barley is of great uſe in phyſick, for opening ſtoppages of the bladder, by its abſterſive faculties, and by its other qualities allays the ſharpneſs of the humours.

It is likewiſe good for many infirmities of the breaſt; and cakes made of it are good for allaying thirſt.

The beſt *Barley* is that which is thick, weighty, ſmooth, white, betwixt old and new.

BARLEY CREAM.

Boil a quarter of a pound of pearl-barley, in four or five waters, till it is very tender; then rub it through a hair ſieve, and put it into a quart of cream, with a couple of eggs well beaten;

beaten; ſweeten it to your taſte and boil it; and, if you pleaſe, you may leave ſome of the barley whole in it.

A very good BARLEY GRUEL.

Put ſix ounces of pearl barley into two quarts of water, ſhift it once or twice, if it is not white; add half a pound of currants well pick'd, waſh'd and plump'd, pouring the gruel out to cool a little, then beat up the yolks of half a dozen eggs, put them in with a pint of white wine and a pint of new thick cream; the peel of a lemon or two, and ſweeten all to your palate; ſet theſe over the fire, ſtir them gently, till they are as thick as cream.

BARM, *Yeaſt*, the head or working out of ale or beer.

BARRENNESS *in Women.*

Diſtil *Sage*, extracting a water from it, and let the perſon drink a ſmall glaſs full in a morning, for four or five mornings, with a very little common ſalt.

This is not to be done till her *Menſes* are quite over, nor ought ſhe to have to do with her husband till the time of taking the medicines is quite over.

2. Take *Miſletoe* of the oak, with ſome *Sparrow* dung, and let the woman drink it in ſome convenient liquor, when the *Menſes* are paſt, and (ſome affirm) ſhe will conceive.

3. Reduce hart's-horn into powder, and mix it with cow's-gall, and let the woman always have it by her, when ſhe is with her husband and it will do.

4. Some tell us, that if a woman does (unknown to her) drink mare's-milk inſtead of aſſes-milk, ſhe will conceive upon her copulation with her husband.

BAY BERRIES. The berries of the *Bay-tree* are emollient, ſovereign in diſtempers of the nerves; cholic, gargariſms, baths, ſalves, perfumes, *&c.* And ſome uſe the leaves inſtead of cloves.

To blanch BEANS.

Boil the beans, ſo that the ſkins may come off; then fry ſome thin ſlices of bacon, and ſome parſley, to lay round the beans, toſs up the beans with melted butter, and ſo ſerve them hot.

To pickle French BEANS.

Take them before they are too old, and boil them tender, then put them into a pickle made with vinegar and ſalt, and ſo keep them; it is a very good and pleaſant ſallad.

To make BEAN'D BREAD.

Take a pound of *Almonds* and having blanch'd them, ſlice them thin the long way; lay them in roſe-water all night; in the morning take them out, and drain them, ſet them before the fire; ſtirring them till they are grown a little dry, and very hot; then give them as much fine ſifted ſugar, as will hang about them. Take notice that they muſt not be ſo wet as to make the ſugar like paſte; nor ſo dry but that the ſugar may hang together.

Then lay them in lumps on wafer papers, and ſet them on papers in an oven after puffs or pies have been baked in it, that is very cool.

BEARS BREECH or *Brank Urſine*, is an herb of ſingular uſe in phyſick, for ruptures; as alſo for the gout and cramp.

BEATING *of Hemp.* Hemp is firſt to be ſwingled twice, and the hurds laid by, then you muſt take ſtrikes, and divide them into dozens and half dozens, and make them up into great thick rolls; then you muſt as it were broach and ſpit them on long ſticks, and ſet them up in the corner of a chimney, where they may receive the heat of the fire, that they may be very well dry'd.

Then they are (as many as conveniently can) to be laid in a round trough made for that purpoſe; and there they are to be beaten with beetles exceedingly well, till they handle both within and without as pliant as may be, ſo that no hardneſs or roughneſs can be felt or perceived: After this they muſt be taken out of the trough, the rough roller opened, and the ſtriker divided ſeverally, as at firſt; and if any of them has not been ſufficiently beaten, roll them up and beat them as before.

BEECH-TREE. The leaves gathered about the fall, before they have been much froſt bitten, will make the beſt and eaſieſt matraſſes in the world, to lay under quilts inſtead of ſtraw, becauſe beſides their ſoftneſs, they will continue to

be ſweet for ſeven or eight years, and are not unpleaſant to lye on alone.

The ſtagnant water in the hollow of a beech-tree, is good for the cure of the moſt obſtinate tetter-ſcabs and ſcurfs, either in man or beaſt, the part being fomented with it.

The leaves being chew'd are good for the gums and teeth, and the maſt is good for the feeding of hogs, about the latter end of *Auguſt*.

The leaves are aſtringent, the decoction of them when they are tender, will ſtop a looſeneſs; the kernel of the fruit being eaten, is good to allay pains in the kidneys, and to bring away the ſtone and gravel. When freſh they are apply'd to inflammations, and are alſo good in gargariſms for the throat; and being pounded and apply'd, fortify benummed members.

BEEF ALAMODE.

Take a fleſhy piece of beef, without fat, and beat it well with a rolling-pin; then lard it with pretty large pieces of fat bacon, and if you pleaſe, put it over the fire a little to fry, till the outſide is brown, and put it to ſtew in a deep ſtew-pan or glaz'd earthen veſſel, with ſalt, pepper, bay leaves, or *Jamaica* pepper; ſome lemon peel, half a dozen large muſhrooms, two cloves of garlick, or four or five cloves of ſhalot, a pint of water, and half a pint of wine; cover it cloſe and let it ſtew gently till it is tender; when it is enough, fry ſome flour in hog's lard, and add to it ſome lemon juice or a little verjuice.

This is very good hot, but it is for the moſt part eaten cold, cut into ſlices about half an inch thick.

BEEF ALAMODE, *to eat hot.*

Take the round of a buttock of beef from the under skin, about three inches thick; rub it over with ſalt petre (if you will have it red) then take off the fat and chop it with thyme, ſweet marjoram and a little onion; ſeaſon it alſo with ſalt, pepper, cloves and mace, work it up into the form of ſauſages; then cut ſome fat bacon into ſlips of the ſame thickneſs; and cover it over with ſalt and ſpice without the herbs; cut the beef into holes, at about two inches one from another, and quite through the beef; ſtuff into one the ſlips of bacon, and into the other the forc'd meat, till you have fill'd them all; ſtrew ſalt all over it; put it into a ſtew-pan, adding alſo half

a pound

a pound of butter; ſet it over a briſk fire that it may be brown and harden on the outſide; turn and flour it, that both ſides may be alike; then put in half a pint of water and cover it cloſe; then ſet it on a gentle fire, thus it may ſtew leiſurely for ſeven or eight hours; when you perceive it grow dry, add water or gravy.

For ſauce take the liquor it is ſtew'd in, clear it from the fat, and ſhake it up with claret.

You may alſo add ſweet-breads, artichoke-bottoms, muſh-rooms and what you pleaſe for garniſh; but the gravy and claret are ſufficient to make it as ſavoury a diſh as well can be eat.

To POT BEEF.

Take a piece of lean buttock of beef, rub it over with ſalt petre; and ſo let it lie all night; then ſalt it very well with white and bay-ſalt; put it into a pot juſt fit for it, and cover it with water, and ſo let it lie for four days longer; then take it out and wipe it well with a cloth, and rub it with pepper finely beaten; put it down cloſe into a pot without any liquor, cover the pot with a paſte and bake it with houſhold bread for ſix hours.

Then take it out, let it ſtand till it is cold, then pick it clean from ſkins and ſtrings, and pound it very well in a ſtone mortar; ſeaſoning it with nutmegs, cloves and mace, pounded very fine, pouring in melted butter, which work up with it like a paſte; put it down cloſe and even in the pots, and pour clarified butter over it.

To POT *a Leg of* BEEF.

Take off the ſkin as whole as you can, then cut off all the fleſh, and ſeaſon it with pepper, ſalt and all ſpice; having broken the bone, mix the marrow with the ſlices of beef, being put into a deep earthen pot, lay the skin over the meat, and the bones over the ſkin; and cover the pot with a paper, and tie it down cloſe; bake it with houſhold bread, and let it ſtand in the oven all night.

When it is bak'd, take off the bones and ſkin and clear it as well as you can from the liquor, and having put the meat into a wooden bowl or mortar, pound it as fine as you can with a wooden peſtle; putting in every now and then a piece of butter, and ſome of the fat of the marrow, that will ſwim upon the gravy; but let none of the gravy be put into it.

Having

Having pounded it enough while it is warm, butter the bottom and ſides of the pan, in which you intend to keep it and preſs the meat down in it as hard as poſſible, then cover it over with melted butter,

If you deſire your meat to look red, rub it with a little *Salt Petre* before you ſeaſon it. After the ſame manner you may pot veniſon, mutton or what fleſh meat you pleaſe.

Taking notice that you muſt uſe only the muſcular parts let theſe meats be ſet in a dry place and they will keep good ſeveral months.

To SALT BEEF *or* PORK *for boiling immediately after its coming from the Market.*

Firſt ſalt it very well before you put it into the pot; then put it up cloſe, tying it cloſe with a coarſe linnen cloth which muſt be very well flour'd.

Then put it into the pot, but not before it boils, and boil it the ſame time as you would other beef ot pork of the ſame bigneſs, that has lain in ſalt, and when it is done, it will come out of the pot as meat that has been ſalted 4 or five days.

But the pieces ought not to be above five or ſix pounds.

But if to half a pound of common ſalt you add an ounce of nitre or ſalt petre, it will ſtrike a redneſs into the beef; but the ſalt petre muſt be pounded fine and well mixt with the common ſalt,

To make DUTCH BEEF.

Take ten pound of buttock of beef; rub it all over with half a pound of coarſe ſugar; let it lie two days, then wipe it a little; then take half a pound of ſalt petre powder'd, a pint of petre ſalt, and a pint of white ſalt; rub it well in and let it lie three weeks, rubbing and turning it every day; then ſew it up in a cloth and hang it up in the Chimney to dry; turn it upſide down every day that the brine do not ſettle; boil it in pump water till it is very tender.

Dutch hung BEEF.

It's cuſtomary in *Holland* about the months of *September* to kill cows or heifers, and having the fleſh cut to pieces of ſuch a ſize as may be proper for a family, they lay them in the following brine.

Take

Take five handfuls of common ſalt, three handfuls of bay ſalt, and rock petre and petre ſalt of each one handful, boil theſe in pump water to a full height, that it is ſtrong enough to bear eggs; to which when it has ſtood till it is cold add half a pint of the beſt vinegar, which will make the beef tender.

Lay the pieces according to their bigneſs in this brine then take them out aud ſalt them well, with equal quantities of bay ſalt, rock ſalt, petre and petre ſalt for a week or fortnight; then roll, and then wrap it in three, four or five ſheets of brown paper, if you burn ſea coal and hang it up in a chimney, where it may neither be too hot nor too cold.

Turn it every day for a week, then once in two or three days till it is well dry'd, then either ſpend it or keep it in a dry place.

If it be hung by a wood fire, it need not be paper'd. It may be dry'd with ſaw duſt as neats tongues are; but it will not then be ſo white.

To ſtew a Rump of BEEF.

Take a ſmall Rump of *Beef*, lay it in a long pan, deep enough to allow the beef to be covered, then put in a quart of claret, a pint of ale, half a pint of verjuce or the juice of two large lemons and then add as much water as will make the liquor cover it; put in a cruſt of bread, an anchovy, ſome bits of lemon peel and a bunch of ſweet herbs, two large gut turnips, cut into dice, and two large onions cut in halves.

Seaſon with ſalt, pepper, ſome mace, a few cloves, and ſome nutmegs ſlic'd.

Cover this up very cloſe and let it ſtew at leaſt five hours; then lay your beef in a diſh and ſtrain the liquor through a ſieve, and fill the diſh with it. Garniſh it with turnips cut into dice boil'd tender, and then fry'd in hogs lard and ſlic'd lemon.

Or if you pleaſe, you may bake the rump of beef, for it will be much the ſame

After the ſame manner you may dreſs a leg of beef, or an ox cheek; only let the bone of the leg of beef be broken, and take out all the bones of the ox cheek.

Another Way.

Firſt boil the rump till it is half enough, then take it up and

and pull off the ſkin of the fleſhy ſide; then having firſt prepard a ſeaſoning of ſalt, beaten pepper, grated nutmegs, mace, parſley, thyme, majoram, and ſavory, finely ſhred; ſtuff it into large holes made in the fat; lay the reſt on the ſeaſoning all over the top; and to cauſe it to keep on, ſpread over it the yolks of two or three eggs.

Take care to ſave the gravy that runs out while you are ſtuffing it, and add to it a pint of claret, and ſome vinegar; put it into a pan that is deep, but not too large; and let it be fill'd with the liquor up to the top, ſet it into an oven, and bake it for two hours, then lay it out in a diſh, and pour in the gravy and wine, that it was bak'd in all over it.

To Collar BEEF.

Cut a piece of flank beef ſquare; ſtrip off all the inner ſkin; and having made a brine of water and bay ſalt as ſtrong as will bear an egg to the breadth of a ſixpence, lay the beef in it for a week or eight days; then rub it all over with ſalt petre, and let it lie three days longer, then having groſly pounded one large nutmeg, the ſame weight of mace, and the weight of both of cloves, ſtrew it upon the Beef, then roll it up hard, and tie it up with a tape, and ſew it up in a cloth, then lay it in a long earthen pan, fill it up with half water and half claret; cover it with a coarſe cloth, and bake it for 12 hours in a very hot oven; it cannot be bak'd too much, then take off the tape and roll the cloth very hard round it again, tie it up and hang it up to drain and cool.

If you like it you may add to your ſeaſoning thyme, ſweet marjoram and parſley cut ſmall; but it will not roll ſo cloſe as without.

Another Way.

Cut a round or flank of beef to the length of about 12 inches; take out the bones, if any, and having mix'd two ounces of *Salt petre* with a good handful of common ſalt, then carbonade the outward ſkin of the Beef, and rub the whole well with the ſalts; and let it be 24 hours in them before it is collared; but turn it twice if not three times in that time.

Then ſhred ſmall ſome ſweet *Marjoram*, *Winter Savoury*, *Sage Leaves* and a little *Thyme*, ſeaſon with them and an ounce of pepper ground fine, half an ounce of *Cloves* and *Mace*, and a handful of ſalt, ſtrewing the mixtnre thick

over

over the inſide of the meat, ſo that when it is roll'd up, it may be equally bound in with the turnings of the beef, and lay ſome thin ſlices of the ſame beef before the firſt turn, that the collar may not be hollow in the middle.

Roll it up as hard as you can, that every part may be equally preſs'd to each other; then bind the collar of the beef hard about in the manner of a ſcrew with ſuch wide tape, till the collar is cloſed from top to bottom as tight as can be; binding the top and bottom in an extraordinary manner with ſtrong packthread.

Put the collar into a well glaz'd pan, pouring in as much claret as will cover it; and laying a coarſe paſte over all, and let it ſtand five or ſix hours in the oven.

When it comes out, take out the collar and ſet it upright till it is cold, and then take off the tape and packthread, and keep it for uſe.

Thus may other fleſh be collar'd, obſerving that they muſt either be bak'd or boil'd till all the gravey is out of them.

This is to be cut in ſlices, and eaten with vinegar as other collar'd meats are.

To make CAKE SOUP *of a Leg of* BEEF.

Take a leg or ſhin of Beef, ſtrip off the ſkin and fat, take all the muſcular or fleſhy part from the bones, boil the fleſh gently in ſuch a quantity of water and ſo long a time, till the liquor will make a ſtrong jelly when it is cold; when you think the jelly is as ſtrong as it well can be, ſtrain the liquor through a ſieve and let it ſettle, then having a large ſtew-pan with water, and ſome cups either of *China* or other well glaz'd earthen ware; fill theſe cups with the jelly ſeparated very clearly from the ſettlings at the bottom; ſet them into the ſtew-pan of water, and make the water boil gently 'till the jelly becomes as thick as glue, then let them ſtand to cool, and then turn out the glue upon a new piece of flannel, which will draw the moiſture out of it, turn them in ſix or eight hours, and put them upon a new piece of flannel, continuing to do this till they are quite dry and keep it in a warm place.

This will grow ſo hard, that it will be as ſtiff as glue in a little time, and may be carried in the pocket without any inconvenience.

When this is uſed a piece of glue or cake about the bigneſs of a walnut is to be boil'd in a pint of water, and ſtirred

red with a ſpoon till the cake diſolves, and it will make a very ſtrong good broth.

As for the ſeaſoning, any one may add pepper and ſalt as they pleaſe, for there muſt nothing of that kind be put among the meat when this glue is made.

Perſons may when they make this gravey broth with boiling the cake in water, add what ſpice or ſweet herbs they pleaſe, then having been boil'd firſt in plain water, and that water pour'd on the cake gravey, inſtead of water, ſo may a diſh of ſoup be made with a little trouble, and almoſt at any time and that without meat.

This is likewiſe to be done with veal, which may probably ſuit better with ſome weak ſtomachs.

Some would have added to the beef-glue or gravey, the fleſh of a couple of old hares and old cocks to ſtrengthen it the more.

To ſtew a Briſket of BEEF.

Rub the Beef well with the quantity of an ounce of petre to a pound of ſalt, and let it lie for a week; then lard the ſkin of it with ſlips of bacon, and lay it in a ſtew pan, cover it cloſe, and cut a lemon in two with the rind, and lay it on each ſide the beef; put in a quart of water, a pint of claret, and half a pound of butter; ſeaſon with ſome pepper, half a nutmeg ſliced, ſome whole cloves, and a bundle of ſweet herbs, ſhut the pan cloſe, and ſtew for five or ſix hours, or till it be very tender.

Then fry ſome boil'd turnips, cut into dice and flower'd, brown; and having poured off the liquor the Beef was ſtewed in, and ſtrain'd it through a ſieve, thicken it with burnt butter, mixing it with the dic'd turnips, pouring it all over the beef.

Garniſh with ſlic'd lemon and raſpings of bread ſifted, and ſerve it hot: It is an excellent diſh.

A Haſh of Raw BEEF.

Cut thin ſlices of tender beef, ſet them over the fire in a ſtew-pan with a little water. a bunch of ſweet herbs, an onion, a little lemon peel, ſeaſon with ſalt, pepper, and nutmegs, cover them cloſe and let them ſtew till they are tender, then pour in a glaſs of claret, clear the ſauce of the herbs

herbs and ſpices, and thicken it with burnt butter. Serve it hot, and garniſh it with ſlices of lemons, red beets, capers, and the like.

BEEF *Collops ſtew'd.*

Cut raw beef into ſlices afer the ſame manner of *Scotch* collops of veal, with a ſlice or two of fat bacon, put them into a diſh with a little water, a glaſs of wine, a ſhalot, ſweet marjoram, powdered ſalt and pepper, cover them with another diſh. You may if you pleaſe add a little muſhroom gravey.

To dreſs it, ſet the diſh the brims reſting on the backs of two chairs, or any other ſuch conveniency, and taking half a dozen ſheets of whited brown paper and having cut or torn it into ſlips, light one and hold it under the diſh, and ſo continue to do till the ſix ſheets of paper is burnt out, and by that time the ſtew will be enough.

Stew'd BEEF *in Soup.*

Take three pounds of indifferently lean Beef, cut it into half a dozen pieces, put them in a ſtew-pan that will cover cloſe, with two quarts or better of water, and three quarters of a pint of white wine, ſeaſon with ſalt, pepper and ſweet marjoram dried and powder'd, a few cloves, and four or five ſmall turnips cut into dice; alſo ſome carrot cut into dice, the white part of a leek ſhred ſmall, ſome leaves of white beets, a couple of ſallary ſhred, and a cruſt of burnt bread; cover the pan cloſe, and let it ſtew for five or ſix hours, ſerve it up hot, garniſhing with ſlices of lemon.

Another way of BEEF *Stakes.*

Seaſon ſtakes of a rump of Beef with ſalt and pepper, pour in a little water, with a bunch of ſweet herbs, an Anchovy, an onion, a little lemon peel, a little bit of butter or fat bacon and a little verjuice, and a glaſs of white wine; let theſe ſtew gently till they are tender, then ſtrain the ſauce, flower the ſtakes, and fry them, diſh them, thicken the ſauce and pour over them.

A BEEF *or* MUTTON PASTY *as good as* VENISON

Take a rump or piece of ſirloin of Beef, bone it if it be a rump.

Or if you pleaſe you may take either a loin or ſhoulder of mutton, and bone them, beat the meat with a rowling pin, then to the quantity of ten pounds of meat, rub on a quarter of a pound of ſugar, and let it lie 24 hours; then either wipe it very clean, or waſh it off with a little claret, and ſeaſon it high with ſalt, pepper and nutmeg, and lay it in a cruſt, and to every five pounds of meat put in a pound of butter, put on a covering of cruſt, and let it have as much baking as veniſon; alſo ſet the bones into the oven, with juſt water enough to cover them that you may have a little good gravey to the paſty, if it wants it when it is drawn.

The ſugar gives it a ſhortneſs and tenderneſs, ſcarcely to be believ'd, if not try'd, and if well waſh'd or wiped off leaves a delicacy in taſte equal to veniſon.

BEE-HIVES. There are ſeveral ſorts of them in uſe in different countries; but we in *England* generally make uſe of but two ſorts; and theſe are either wicker hives, made with ſpleets of wood, and daub'd with cow loom, temper'd up for that purpoſe; or ſtraw hives made of good wheat ſtraw bound with bramble, which are the beſt and moſt in uſe.

The wicker hives are ever faulty, for the loom moulders away upon every accident, which is by no means good for the bees, which are not for having any vents open but their doors.

Perſons are of different opinions, as to the forms and ſizes of bee-hives; ſome giving the preference to thoſe of the height of three feet, and breadth of one foot; others to theſe of two feet in breadth and two in height; others ſay neither of theſe can be convenient; but eſteem that the fitteſt ſize for that purpoſe, which is of the roundeſt form, and in capacity about half a Buſhel; and theſe indeed are in moſt common uſe.

There may alſo be other hives made of boards. either of an octogonal or a ſquare form join'd together or hoop'd round with hoops like a milk pail; flat on the top, and in ſuch the bees will delight, provided the wood has no unſavoury ſmell or taſte; and will breed in them as well as in either of the others.

Theſe hives will laſt many years, and are not ſo liable to be injur'd by the weather, and leſs liable to other caſualties, provided they are made of dry ſeaſon'd wood, that is not apt to ſhrink.

In theſe wooden hives may be made ſeveral glaſs windows at what height or diſtance you pleaſe, not only for the pleaſure of ſeeing them work, whereby with much eaſe may be perceiv'd how far they proceed; and in what time, but that they may have the more light, which is a principal help and encouragement to their labour: And to every one of theſe windows, there ſhould be a ſmall light wooden ſhutter to haſp on the outſide in cold weather, and at ſuch times as the ſun ſhines on that part of the hive, it being expos'd to the extreme of both heat and cold; yet ſo as they may be taken down at pleaſure for the conveniency of inſpection, and ſuch as are from the ſunwards, muſt be always let down during the ſummer.

Mr. *Hartlib* from Mr. *Mew*, of *Eaſt Lindon* in *Gloceſterſhire*, furniſhes us with an experiment of theſe ſort of hives, which you have in his own words as follows.

The invention (ſays he) is a fancy that ſuits with that ſort of creature; they are much taken with their grandeur, and *double their task with delight: I took*, continues he, 14 *quarts out of the tranſparent hives; double the quantity of others, they quickly paid all their charges with their profit, and doubled it with pleaſure.* (He alſo adds) *they ſerve only to give an account of the daily incomes, whereby if I ſpend half an hour after dinner or ſupper, I know what has been done that day: I can ſhew my friends the queen's bed, ſometimes her perſon and retinue: She afforded me* 14 *quarts or near upon, in one year; and if the reſt afford ſo a piece, I think it a fair gain; there is not a hive to be ſeen about my houſe, nor a child ſtung in a year. My Apiary conſiſts of a little row of houſes, two ſtories high and two feet apart, which I find as cheap at ſeven years end as ſtraw hackles, and far more handſome.*

And farther in the ſaid book, there is a deſcription of an hive of an octoganal form, with a glaſs window on the backſide for the conveniency of obſerving their working, the reſt of the inſide of the hive lin'd with buſhes; three of theſe were ſet on the other, with open paſſages betwixt them; two ſwarms were put in together in *May*, and places to go in, left open only in the lowermoſt; but all the paſſage holes open from box to box: They firſt began their comb in the middlemoſt, then in the lowermoſt before the middlemoſt was full; and ſo continued till they had fill'd both; but before they had quite finiſh'd, they began to make two little combs in the upper box; theſe in the lower ſtories, were in a little time well repleniſh'd with honey, and in a ſhort

time; but they quite deſerted thoſe little combs in the upper box or part.

There are ſeveral other forms and deſcriptions of bee-hives that may be uſeful; which I ſhall not mention; but rather proceed to the manner of trimming new hives before ſwarms be put into them; the inſide muſt be as ſmooth as may be from ſticks, ſtraws and jags, which are very much offenſive to bees, which will ſpend a great deal of their time in gnawing them off; as may be obſerv'd a few days after their being firſt hiv'd; and when the greateſt ſticks and ſtraws have been pick'd out, the inſide muſt be rubb'd with a ſand ſtone, and then ſing'd with Brimſtone, and afterwards clean wip'd.

It is alſo neceſſary to ſay ſomething as to the ſpleeting wooden hives; omitting that of common ſtraw hives, which every countryman is well accquainted with.

For wooden or glaſs hives, ſome place three down right ſticks from the top to the bottom, and two ſmall hoops faſtened into them at convenient diſtances, which will ſerve very well forthe faſtening and ſupporting the combs.

The beſt way is to let the perpendicular ſticks reach to the bottom; that the bees may the more eaſily crawl up by them into the comb; but you may place only down right ſticks, or any otherwiſe, as ſhall beſt ſuit with the form of the hive, ſo that there be not too wide intervals between them.

To conclude, your hives muſt be kept cloſe for defence of the Bees, firſt from the cold by mixing cow dung with lime or aſhes and ſand, with which you muſt ſtop the edges of the hive round about; and when winter is coming on, place a wicket of a ſmall piece of wood in which there are three or four notches cut, juſt big enough for the bees to go in and out at, that no vermin may get in to them.

BEES *are ſmall,* but numerous inſects which make honey and wax, they have four wings, a long tongue, ſmall teeth and their ſting ſticks in their belly; the yare very numerous, and ſcarce ever idle but in the extremeſt cold, and in wet ſeaſons; but to gather honey they go out early in the morning, where they may be heard like ſwarms humming on the lime-trees, as early as the riſing of the ſun, when the fragrant ſcent exhales from the bloſſoms; and return home late in the evening, from their hard but pleaſant labour.

It is very obſervable that idleneſs is ſo hateful a vice among them, that they will tolerate it in none but their ſovereign; but every one is buſily employ'd either abroad

in

in geting their food and gathering honey, or at home in building combs, feeding their young, or ſome other neceſſary employment.

It is obſervable that there is no creatures living, who live with more unity than bees, all things being in common among them, and the one is ready to revenge the injury done to another.

They go not to their labour by compulſion; nor is there any living creatures that can be kept about a houſe that will afford more pleaſure and profit, and ſo little charge; they take up ſo little room, provide their own food, and require no attendance.

A ſmall hive is ſuppoſed to contain eight or ten thouſand bees, and a larger from ten to twelve thouſand. And a certain author obſerves that there are three ſorts of bees in all hives.

1. Thoſe which are properly call'd bees, and which are in a manner the whole ſwarm, which are arm'd with ſtings and do all the work of the hive.

2. The drones who are one third longer and thicker than the bees, and are alſo diſtinguiſh'd from them by being of a darker colour, and without any ſting.

3. The king of the bees, who is yet longer than the drones, but not thick in proportion to his length,; but of a more lively colour, and has a more grave gait. This ſays our author, is the parent of all the reſt, and there is ordinarily but one of them in a hive.

As to the ſecond ſort commonly call'd drones, Mr. *Warder* ſays as follows, *The opinion that moſt prevails among the bee miſtreſſes is, that they are bees that have loſt their ſting, and ſo growing to that prodigious bigneſs (out of all proportion to the other bees) they become drones.*

This miſtake, ſays he, *is occaſion'd by their ſeeing that they do not work, nor cannot ſting, and that the ſmaller bees bear rule over them, and therefore they give them that contemptible name of drones.*

But he informs us, that he differs in opinion concerning that noble creature, which inſtead of drone he calls a *male* bee, and ſays that he is very induſtrious in the work that nature has deſign'd for him; which is not only procreation, but great uſefulneſs in ſitting on and hatching eggs and by his great heat doth keep warm the brood when it is hatch'd, thereby giving the working bees the more liberty to follow their labours abroad whilſt they ſupply their place at home; ſo that the male bee is not only of great uſe, but of ab-

Others are of opinion. that if the hives were made narrower at the bottom than upwards, they would then be more apt to ſwarm, than when the bottom is broad.

But if you try all theſe methods, and none of theſe cauſe them to ſwarm; but that they ſtill lie forth; then raiſe the hive enough to let them in, and loom up all the ſkirts but the door, and if this experiment fails, you may conclude there is no remedy.

Of after Swarms.

The ſigns of theſe are more certain; for when the prime ſwarm is gone, about the eighth or tenth evening after, when another brood is ready, the hive being again over fill'd, the next prince will begin to tune with his treble voice, a mournful note, and a day or two after that, the queen will be heard to make her craving in a baſe note as it were a muſical concord.

In the morning before they ſwarm, they draw near to the ſtool and call ſomewhat longer, and deſcend to the ſtool at the ſame time of ſwarming, where they anſwer one another with great earneſtneſs in notes both quick and ſhrill; and then the multitude come forth in a haſty manner.

But if the prime ſwarm ſhall happen to be broken; the ſecond will both call and ſwarm the ſooner for it, and that ſometimes the ſecond, third or fourth day; but generally within a fortnight, and now and then it ſo happens, that a ſwarm will caſt another the ſame year.

At the riſing of the ſwarm the cuſtomary method is to play them a fit of mirth upon a warming-pan, kettle, or ſome ſuch other inſtrument, in order to gather them together, and to ſettle; tho' ſome on the contrary are of opinion thatthis practice begets fear in them, and that makes them light or ſettle upon the next place; tho' others think, it proceeds from the delight they take in the noiſe; tho' experience has prov'd that this is a ridiculous, needleſs, injurious joy, becauſe all noiſe diſquiets and is injurious to them.

But if they fly aloft, and are in danger of going away, the beſt way is to fling duſt among them, and bring them down.

As for the Hiving of Bees.

When a ſwarm has pitch'd upon a place to ſettle on, where they will ſoon be ſeen to knit together in the form

of

of a cone or cluſter of grapes, and that they are there well ſettled; and the cone has been for ſome time at the biggeſt, take a hive proportionable to the largeneſs of the ſwarm, ſo that the bees may go near to fill it that year; but take notice that a ſwarm ſhould rather be under-hiv'd than over-hiv'd.

Then the hive having firſt been well rubb'd with ſweet Herbs; ſuch as *Thyme*, *Savoury*, *Balm*, *Hyſop*, *&c.* and taking a branch of the ſame tree where the ſwarm ſettled, or of *Hazel*, *Oak*, or *Willow*, wipe the hive clean with it; and dip the ſprig or branch into mead, or fair water, with a little honey or milk and ſalt, or ſalt only, and beſprinkle the hive with it.

Let the perſon who is to hive them, firſt drink a cup of good beer and waſh his hands and face in ſome of the ſame or defend himſelf, by ſome other means, and if the bees hang upon a bough, he muſt ſhake them into the hive and then ſet it down on a mantle or cloth on the ground; or if the bough be ſmall it may be cut off and laid on the cloth or mantle, *&c.* and the hive ſet over it; which is the better way of the two.

If the bees ſhall happen to alight near the ground, lay the cloth under them, and hold the hive over them, and gently wipe ſuch as gather together without the hive with a bruſh towards the hive; and if they take to any other place, wipe them off gently with a bruſh and rub the place with *Mugwort*, *Archangel*, *Wormwood*, or other ill ſcented herbs: Then ſet the ſwarm as near as may be to the lighting place, till all be quiet, and every one knows his own way home.

If the ſwarm happens to ſeparate and the parts ſettle near one another, let the bigger part alone and diſturb the leſſer, who will fly to their fellows; but if the parties do ſettle not in ſight of one another; then they are to be both hiv'd in two ſeveral hives brought together, and ſhaken out of one hive on the mantle on which the other ſtands, then the full one being plac'd upon them, they will alſo take to it.

If it ſhall ſo happen that the ſwarms come late as after the middle of *June*, and they are ſmall, as under the quantity of a peck, then put two or three of them together, whether they riſe in the ſame day or in divers; for being thus united they will labour induſtriouſly, gather ſtore of wealth and defend themſelves ſtoutly againſt all enemies.

The way of uniting Swarms.

Theſe are various: Some in the duſk of the evening having ſpread a mantle on the ground, near the ſtool where the united ſwarm is to ſtand, ſet a pair of reſts or two ſupporters for the hive, and ſtrike down the hive, out of which they would remove their bees upon the reſts; then lifting up the hive a little, they clap it between their hands to get out the bees that ſtick in it, and lay it down ſideways by thoſe bees to which they would unite them and ſet the ſtock or ſwarm to which they would add them upon the ſupporters or reſts over them: Upon the doing of which they will immediately aſcend into the hive; and thoſe that remain in the empty hive by clapping it will haſten to their companions.

When the bees are all got in, place the hive on the ſtool either that night or the next morning, and diſpoſe it in good order: The beſt method is to place the hive into which you have newly put the ſwarm that you intend to drive into another place, ſo that the ſkirts may be uppermoſt, and ſet the other upon it; binding them about the ſkirts with a long towel, and let them ſtand thus till the next morning, and the bees will all aſcend, and the next morning you may ſet the receiver upon a ſtool; and after this manner you may unite three or four ſwarms together, but they muſt be put together the ſame evening that they ſwarm or the next at fartheſt; leſt if they ſhall have begun to make combs; they ſhould be more unwilling to leave them.

As ſoon as the ſwarm has enter'd the hive they will immediately (If the weather permit) ſet about gathering wax and making combs; ſo that in a few days time they will have ſeveral large ones ready; about which they lie ſo thick that it is impoſſible one quarter of them can be employ'd at onee till the combs are brought to a conſiderable length; then a great part may be employ'd in filling them; while the reſt finiſh their cells or combs.

And in tranſparent hives it may be ſeen through the glaſs how they carry up their burdens, what a mighty buſtle they make, and how perpetually buſy they are; and on a fine day when the greateſt part of them are abroad eſpecially towards the end of ſummer you may diſcern their combs and cells to be fill'd with bright and clear honey; when the young bees are fit for ſervice and are abroad; which are thoſe chiefly which do obſtruct the diſcovering ſo much of their combs.

The numbers of bees begin to decreaſe towards the end of ſummer, they being moſt numerous and in proſperity at their

ſwarming

ſwarming time and ſoon after; but on the contrary in autumn and winter, as is eaſy to be diſcern'd between the quantity and number of a ſwarm, and thoſe that are kill'd when you take them; for the bees of the laſt years breed do now periſh by degrees; their wings decaying and failing them by reaſon of their extraordinary labour; ſo that the common age of a bee is but ſomething more than a year; and the young only of the laſt ſpring ſurvive and preſerve the kind till the next.

Things injurious or annoyances to Bees.

Noiſe is troubleſome to bees as the rattling of coaches or carts, the ſound of bells, echoes, &c. tho' all theſe may oftentimes be prevented by the apiary being rightly ſituated, ſee APIARY; ſmoak and ill ſmells are alſo very offenſive to them; alſo bad weather; as winds rain, heat, cold &c.

In order to defend the bees from Robbers.

Which are very numerous both in ſpring and autumn, the method is to make the doors very ſmall and cloom up the hives; and when the ſeaſon of the year will permit you may widen and ſtrengthen them.

Some authors give us the following account of the cauſes of the bees robbing one another as follows.

That when the bees in the ſpring begin to get a little ſtrength, and yet cannot find food enough abroad, the ſtrong plunder the weak, take away their honey, gorge themſelves with it, and afterwards grow ſick upon it; the honey which they eat in too great a quantity, cauſing them at laſt to be troubled with a diſtemper, which may be obſerv'd when they dung at the entrance into the hive; for when they are in health they never do dung there nor in their hives, but only in the air as they fly.

M. *Chomel* ſays, that he kept ſome bees cloſe ſhut up for four months ſucceſſively in the winter time, and that at the end of that time could not find that they had all that time dung'd in their hives; which might probably be that perhaps they had liv'd ſparingly at their own expence, and the whole had been waſted by the heat of their ſtomachs.

The 'fore-mentioned ſickneſs having been thus caus'd, rendring thoſe that were before ſtrong weak, others that were ſtrong and in health, have come and plundered them, and by this millions periſh if no remedy be apply'd.

The firſt thing neceſſary in this caſe is to be able to diſtinguiſh

guiſh the plunderers from the plundered; the former will have large bellies full of honey, which may be eaſily preſs'd forth with your thumb; when they return to the hive in the plundering ſeaſon, which is uſually the months of *March*, *April* and *May*, when they do not bring any honey with them out of the fields.

Thoſe that are plundered may alſo be known by the extraordinary number of bees that may be ſeen to go in and out with noiſe and tumult, as ſo many robbers who go in empty with ſmall bellies, and come out with full ones.

Likewiſe, there may be ſeen in the evening, when the peaceable bees are retir'd, a great number about the plundered, flying up and down, and alſo in the morning before the others beat the fields.

Therefore the hives ſhould be viſited, morning, noon and night, after ſun-ſet; and the plunder'd hive ſhould be taken into the preſſing place, and the remains of the plundered bees ſhould be ſum'd to death with the ſmoke of brimſtone; for if they are but newly begun to be plundered, it is very rare that any of them can be ſav'd, though the hive has been remov'd to the fartheſt part of the incloſure, plac'd in the ſhade, nay and under a covert too: But that when the heats come, the ſtrong plundered them again, or elſe they were ſtarv'd to death for want of food; for if they ſhould have food given them, it would be to little purpoſe, otherwiſe than to draw robbers thither.

And as for thoſe ſtrong *Bees* that go a plundering, they will burſt themſelves with the honey, if it be not prevented; to do which you muſt in the beginning of the ſpring ſhut them up for two or three days, by a little tin-door made for that purpoſe, with holes made in it like a ſugar grater, ſo that the air only may paſs thro' it, and three or four holes at the bottom of it, for the bees to paſs in and out, and but juſt big enough for a bee to go through.

Of removing old Stocks.

The moſt proper time for this is a little after *Michaelmas*, or if it has been neglected at that time, about the end of *February* or the beginning of *March*, in fair weather; and if it be done in the evening, do it in the following manner.

Take a board about the breadth of the bottom of that hive you intend to remove, and in the evening two or three days before the ſtock is remov'd, lift it up and bruſh the bees that are on the ſtool forwards, the board being a little ſupported by

by two ledges, to prevent the death of thoſe that are on the ſtool; ſet the ſtock on this board, and ſo let them ſtand till they are removed; then ſtop the door of the hive, and ſet the board on which the hive ſtands on an hand-barrow, and carry it to the place you have prepar'd for it; and ſo the bees will not be diſturb'd, nor a ſingle bee hurt; nor the hive nor comb cruſh'd by the ſqueezing of a cloth.

Of the feeding of BEES.

When your bees ſhall be in diſtreſs for want of convenient food, they muſt be fed; which may be done various ways.

1. By certain troughs made in ſmall canes or keckſes ſlit in the middle, into which food being put are to be convey'd into the hives; or a diſh or plate may be ſet directly under the bees: This muſt be done daily till the ſpring of the year will furniſh them with proviſion abroad; becauſe at that time their combs are full of young ones.

Honey is the beſt and moſt natural food for them; which may be mixt with a moderate quantity of good ſweet wort, which will make the honey go the further: But ſome approve of giving them bread toaſted and ſopp'd in ſtrong ale, which being convey'd into the hive, they will not leave a crum of it: Othets put bean-flour or dry meal into their hives, and others bay-ſalt and roaſted apples; all which are very good food for them: They alſo feed much upon buck-wheat, and anniſeed is a delicacy to them.

A ſingular Way to improve BEES.

'Take a handful of the herb *Balm*, a dram of *Camphire*, 'half a dram of *Muſk*, which diſſolve in *Roſe-water*; take 'of yellow *Bees-wax* and oil of *Roſes*, equal quantities, 'ſtamp the two firſt very well, and put them into the wax; 'having firſt melted it, and ſo make it up into a maſs; let it 'cool, and then put the *Muſk* to it.'

Put into the bee-hive the quantity of a hazle-nut, and this (as Mr. *Worlidge* aſſerts) will much increaſe the number of bees; and that there will be found three times the quantity of honey and wax, that you would otherwiſe have had.

It will be a conſiderable advantage to an *Apiary*, to have fields lying about it, ſown with *Brank*, *Coleſeed*, or *Turnips*, from which the bees will extract great quantities of honey; and the bloſſoms of beans are very good for them.

The Time of breeding BEES.

The forward ſtocks begin to breed in *February*, and the latter ſtocks, or thoſe that are not ſo luſty, leave not off till the latter end of *July*; ſo that there are ſix months in which they breed; and the ſooner they begin, the ſooner they leave off; tho' there are more bees bred in two months (which are for the moſt part *May* and *June*) than in the other four; but yet this is not always certain, but happens according to the forwardneſs or backwardneſs of the ſpring.

Of the Drone or Male BEE.

This bee, tho' he is ſo often miſtaken, being accounted a dull over-grown ſlug, who has loſt his ſting, is about half as big again as the female honey-bee, ſomewhat longer, and not quite ſo dark-coloured about the head and ſhoulders; his voice is much louder and deeper; his head and eyes much larger; but his tongue is much ſhorter than that of the female; ſo that he cannot work, if he would, his tongue not being long enough to reach the honey out of the ſocketed flowers.

Theſe male bees are notwithſtanding very induſtrious in the work to which nature has appointed them, which is not only procreation; but they are very neceſſary and careful in ſitting upon and hatching the eggs, and keeping the brood warm, that the working bees may be the more at liberty to follow their labours abroad, while they ſupply their place at home by looking after their young; ſo that the male bee is very injuriouſly call'd a drone, ſeeing he is not only very uſeful, but alſo abſolutely neceſſary both for the being and welfare of the whole colony of bees.

Of his Sovereign the Queen BEE.

This queen bee is the moſt remarkable of all inſects: Her body is a great deal bigger and much longer, yet her wings are no longer than that of the honey bee, which ſhews that ſhe is not deſign'd by nature for labour or long flights, which is the continual buſineſs of her ſubjects. As to her ſhape and colour, her upper parts are of a lighter brown than the reſt, having the reſemblance of a velvet cape or fur-gorget about her ſhoulders; her hinder-part from the waſte (which is very ſmall) as it is much longer than the drone or the honey-bee, ſo ſhe is much more taper than they; and whereas the drone

and

and common bee are brown all over the hither part, the queen in that part is as black as jet or poliſh'd black marble; and whereas the two great legs of the commons are quite black, hers are as yellow as gold, as alſo ſhe is all along the under part of her belly.

The egg of which the princeſs is bred, is caſt in a ſtately round cell or matrix, made by her vaſſals in a different form from all the reſt; neither is this royal palace in a comb among other cells; but always by itſelf; and rais'd from a large foundation from about the middle of the hive, leaving room for her attendance to come about her.

There is always one of theſe palaces in every hive, and in ſome two and others three; but that is rarely to be ſeen.

As for her power the grand Seignior, with all his train of Janizaries about him ready to execute his moſt ſevere and hazardous commands, is not more abſolute than the queen of bees: For all things are done by her expreſs direction, as working, fighting, ſwarming, *&c.* her ſubjects being as naturally inclin'd to obedience, as is their ſovereign to give orders.

Of keeping BEES *without deſtroying them.*

The chief aim of thoſe who keep bees, being the profit of their wax and honey, many have endeavoured to find out a method to effect this, one of which is driving them thus:

Let the hive you deſign to take be fixed with the bottom upwards, between three or four ſtakes; and ſet the hive you would drive the bees into over it, binding them about the ſkirts with a towel, and in the evening often clap the under hive with your hands, and let the hives both ſtand thus till the next morning: then ſet the full hive on the ſtool, ſomewhat bolſtered up, that the bees may have free egreſs and ingreſs; then clap the hive again, and get as many bees out as you can, which will repair to the other hive.

This way, tho' ſomething troubleſome, yet is good to be follow'd where there is a great ſtock of honey and but few bees in one hive, and but a ſmall ſtock of honey in another; for by this means the lives of the bees are ſav'd, who will readily exchange their barren habitation for one that is more plentiful. But this method has often fail'd.

This may be done in *September*, or any time after they have done breeding (or otherwiſe the honey will be corrupted by the ſkaddons or young bees that are in the combs.)

The common uſage is to kill the bees at the taking of the combs

combs. About two or three hours before ſun-ſetting, dig a hole in the ground about nine inches deep, and almoſt as wide as the ſkirts of the hive, laying the finer earth round about the edges. Then having a ſmall ſtick, ſlit at one end, and ſtript at the other, put into the ſlit a brimſtone match five or ſix inches long, and about the thickneſs of your little finger, which ſet in the middle or ſide of the holes, ſo that the top of the match may ſtand even with the brims of the pit, or within an inch of it. Having done this, fix another ſtick by it, dreſs'd after the ſame manner, if the firſt be not ſufficient,

Set fire to the match or matches at the upper end, then ſet the hive near it, and immediately ſhut it up cloſe at the bottom, that no ſmoke may come out, and it will kill all the bees in a quarter of an hour.

Take away the hive, houſe it, lay it gently on the floor upon the ſide, not the edges of the combs; then looſen the ends of the ſplints with your finger, and the edges of the combs (where they ſtick to the ſides of the hive) with a wooden ſlice; and having taken them out one after another; wipe off the half dead bees with a gooſe-feather; break the combs while they are warm into ſeveral pieces, in order to get out the honey and prepare it for uſe. See EXSECTION *and* GENERATION *of* BEES.

Of the Diſeaſes of BEES.

1. A *Looſeneſs*. Bees are oftentimes affected with a *Looſeneſs*, and this is chiefly in the ſpring of the year, after they have endured hunger all the winter, and the milk-thiſtle being then in bloom, and the young elms producing their ſeed, they will eat ſo greedily of them, being great lovers of theſe flowers, that it will kill them, if a preſent remedy be not apply'd.

To cure this malady, having ſome of the bark or ſeed of pomegranate; pound it, ſift it, mix it with honey, and moiſten it with good ſweet wine; or elſe with dry'd or pounded raiſins, mixed with good ſweet wine or mead, in which roſemary has been boil'd; or *Marſeilles* figs, put in whole in wooden troughs or pipes, that they may eat and drink it.

Bees will alſo ſometimes become conſumptive, and waſte away almoſt to nothing, after having ſuffered ſome great heat or cold.

This their diſtemper may be eaſily known; by your frequently ſeeing them carrying the dead bodies of their fellows

out of the hive, and others lying in a melancholy poſture without humming: For a remedy, mix gall or dry'd roſes with honey, and give them.

They likewiſe are apt ſometimes to grow ſick in thoſe years in which flowers abound, they applying themſelves more induſtriouſly in gathering honey than in propagating their kind; and ſo many of them die through their over fatiguing themſelves in that labour, and becauſe that thoſe of them that do ſurvive are not recruited and increaſed with young, they all periſh.

And therefore in the ſpring of the year, when the fields are all colour'd with flowers, it would not be improper to ſtop the holes and entrance of the hive, every third day, leaving only ſome ſmall holes open ſo little that they cannot paſs through them, that they may be diverted from their delightful work of gathering honey; and ſo finding that they are not able to fill all their combs they will apply themſelves to breeding young *bees*.

Bees are alſo ſometimes infeſted with lice or worms, which are ingender'd from their ordure: To deſtroy theſe, make a perfume of the branch of a pomegranate or wild fig-tree.

Sometimes there are ſo many combs made by the bees in their hives; that they do not fill them all; which by remaining empty do rot, which rottenneſs ſpoils the honey, and that deſtroys the bees: To remedy this, you muſt put two ſwarms into one hive; or cut off the corrupted part of the comb with a ſharp inſtrument.

The Enemies of BEES *and their Remedies.*

Bees have many enemies, ſome for one reaſon, and ſome for another, which often prove very deſtructive to them.

The mouſe is a pernicious Enemy to them, and deſtroys many hundred hives of them in a year in *England*.

The bees inded are pretty ſafe all the ſummer, while they are in their vigour from theſe kind of vermine; but in autumn when the hives grow more empty by reaſon of the death of the old bees; and thoſe that are left being become more torpid and dull by the approach of cold weather, the mouſe will venter in at the mouth of the hive; and they will begin with gnawing the lowermoſt part of the honey-comb, where there is but here and there a little honey; but the cold increaſing, and the bees being more ſtill, they will grow more bold, and aſcend up into the hive, and ſeize on thoſe combs, which are next to the ſides of the hive, which

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are commonly the richeſt in honey; they will eat holes through them, and ſo come and go to them at pleaſure; the combs being thus broken by them and the honey ſet a running expoſes theſe bees to new enemies: that is the bees of other ſtocks, who ſmelling the freſh honey, come in like thieves and plunder them likewiſe.

And the ſmell of the mice is ſo deteſtable to them, that it cauſes them to take a diſtaſte to their hive, that in a warm day they will all fly away together, leaving the remainder of their honey behind them.

A mouſe will ſhelter himſelf between the hackle and the hive, and will there make his neſt, and at length make a hole through the crown of the ſtraw-hive, and ſo break bulk with his teeth that way to the honey.

The Remedy.

1. Hive no ſwarms in very old hives; for mice cannot make their way ſo eaſily, if they can at all through the crown of a new hive, as they can when the ſtraw of an hive is almoſt grown rotten with age.

2. Lay a good large flint ſtone on the top of the hive betwixt the hackle and the hive; which by its coldnes and unfitneſs for that purpoſe, will prevent the mouſe from making its neſt there.

3. Examine the Caſe of every hive by taking out the hackle once a month at leaſt or oftener, (eſpecially in the months of *March* and *April*) leſt the mouſe had intruded and deſtroy'd the brood of young bees, and the ſame ſandarach or bee-bread, both which they are extremely fond of, if not more than honey.

4. As for the mouſe entering in at the mouth of the hive, 'tis occaſion'd by the ill cuſtom of cutting a deep gaſh thro' one of the rounds of ſtraw, about an inch and a half high, and the ſame in breadth: The way then to remedy this is, not to leave room enough for a mouſe to enter.

And when you buy a new hive, try it upon your ſtool where it is to ſtand, whether there be not a hollowneſs ſome where or other in the ſkirt, deep enough for the bees to go in and out at; (and there are few ſo exactly made, but will be found to have ſuch hollows) if ſo the work is done to your hand without cutting; if this hollowneſs be almoſt half an inch high, neither muſt it be any leſs nor very much more; if leſs the male bees cannot paſs in and out; if much more a mouſe may get in: but if the hive have not ſuch a hollow-

neſs

neſs; cut a notch in it not more than half an inch in depth or four inches in length, or you may raiſe the hive half an inch in the forepart, by putting two pieces of tobacco pipes under it, and then plaſter up all but four inches in the front with lime and hair: But the beſt way will be to ſend the hives to the cooper to have a narrow hoop of an inch ſet on them and holes drill'd through the edge of the hoop, and ſo driving wooden pins like ſkewers ſo that they may drive two or three inches into the ſkirt of the ſtraw hive, and to cut a notch in the hoop, of half an inch in heighth and four broad.

The *wing'd moth* is alſo an enemy to *bees*, which is apt to convey his eggs under the ſkirt of the hive, where being kept warm by the heat of the bees; they become a very large grey maggot, which will perplex, offend and injure the bees, and in time will get into the combs and breed on that ſide where are the feweſt bees.

To prevent this miſchief, plaſter the ſkirt of your hive all round with lime and hair, to keep them out: But beſides this, it will be neceſſary to examine all the weak hives in *March* and *September*, by taking them up in your hand and ſweeping the place where they ſtood with a wing, clean from maggots, or dead bees, or any other filth, and ſetting them on again gently.

The *Earwig* is both an offenſive and pernicious enemy to bees, theſe lay their young under the edges of the hive, juſt in the ſame manner as the moth does. Theſe ſometimes enter the hives, and to the very combs themſelves, theſe are defended by their coat from the aſſaults of the bees, their ſtings not being able to penetrate it.

The remedy againſt theſe is the ſame as that againſt the moth.

The *Waſp* is another dangerous enemy to bees, eſpecially if they are numerous, as they commonly are in dry ſummers; theſe indeed are not very miſchious in *May* and *June*; but in *June* and *July* they will enter a hive and rob and ſteal.

The remedy againſt theſe robbers which ſome preſcribe is, to ſet verjuice, beer, *&c.* in the bee-courſe or parts covered with a ſmall poſt in the middle which will catch many of them; but others diſprove of theſe methods, becauſe they ſay they will draw together many more waſps than they will entrap; but the beſt way they ſay is to deſtroy thoſe large ones that are in *May* (but never appear but one at a time) thoſe being the mother waſps, and carries their neſt

about them; ſo that you deſtroy as many neſts as you do waſps; and whenever you hear of a neſt of waſps in your neighbourhood, deſtroy them with ſcalding water, or tread the ground hard upon them, or with brimſtone and matches if in a tree.

The *Hornet* is alſo an enemy to bees, tho' perhaps they will not get into the hive for honey; but they will ſeize on and deſtroy ſingle bees; the remedy againſt them is to kill them wherever you find them, either about your hives or elſewhere, and alſo to deſtroy their neſts when you happen to know of any.

The *Sparrow* is alſo an enemy to bees, eſpecially in their breeding time, they ſeize upon them flying; theſe they carry to their young, and come again for more, this they do all the time they have any young.

The *Swallow* is alſo a great deſtroyer of bees, they catching them flying carry them to their young ones; the remedy againſt this is the deſtroying their neſts.

BEES STINGING. Theſe creatures are apt to ſting ſeverely, ſuch perſons who come in their way, eſpecially any who are uncleanly or have any ill ſcent about them; there ſuch ought to be cautious of tampering with them.

Some defend themſelves by only drinking a cup of beer and find that a ſufficient ſafeguard, others waſh their hands and face with it: Others for the ſame purpoſe, cover their faces with boughs and herbs.

But the ſafeſt method is to have a net wove of fine ſilk with ſuch ſmall maſhes that a bee cannot get through, this net muſt be large enough to come over your hat and to reach down to the collar: and defended by this you may ſee what you do without danger, defending your hands at the ſame time with a pair of thick gloves of which woollen ones are the beſt.

But when a perſon ſhall happen to be ſtung by a bee; pick out the ſting as ſoon as may be; and ſome adviſe the the perſon to wet the part with his own ſpittle, which they ſay will effectually prevent the ſwelling; ſome direct to lay on it leaves of *Marigold*, *Houſeleek*, *Rue*, *Mallows*, *Ivy*, or *Hollyhocks*, *Salt* and *Vinegar*, &c. But the moſt certain remedy is, to heat a piece of *Iron* in the fire, or to hold a live coal as near to it and as long as you can bear it, and this will ſympathetically extract the venom which was left in the ſore by ſting, or force it out of the part afflicted, and afterwards anoint the part with honey or mithridate.

To Fine and Preſerve BEERS *and* ALES *by boiling an Ingredient in the Wort.*

Put two quarts of whole wheat as ſoon as you can into a barrel of wort, that it may be ſteep'd before it is made to boil, than ſtrain it through a ſieve, when you put the wort into cooling tubs; and if you will you may boil the wheat in a ſecond copper: By this means a gluey conſiſtence will be extracted, which being incorporated with the wort by boiling, will give it a more thick and ponderous body, and when in the cask, will ſoon make a ſediment or lee, as the wort is more or leſs loaded with the weighty particles of this fizey body; but if this wheat were firſt parch'd, or bak'd in the oven it would do better, in that it is rather too raw when it comes from the ear.

Another Way.

If you boil ivory ſhavings or hartſhorn in the wort, it will fine the drink expeditiouſly, ſufficiently to bear a glaſs, and maintain a little while a high froth, though it be as ſoon as it has done working; they will likewiſe preſerve the beer from growing ſtale and ſour. It will likewiſe be of ſervice for the ſame uſe, if they are put into the caſk when you bung it down.

To render BEER, ALE *or any other Malt Liquors fine.*

Put half an ounce of unſlak'd lime into a pint of water and having mixt them well together, let them ſtand three hours and by that time the lime will have ſettled to the bottom; pour off the clear water from the lime, and put it into ale or beer, firſt mix'd with half an ounce of iſinglaſs, firſt cut ſmall and boil'd, and in five hours time or leſs, the beer in the barrel will be ſettled and clear.

To put a ſtop to BEER *upon the Fret.*

Pour a quart of black-cherry-brandy into a hogſhead of beer, and ſtop it up cloſe.

An Artificial LEE *for* STOUT *or Stale* BEER *to feed on.*

The common fault of butt or other keeping *Beers* drinking ſo hard and harſh, is partly owing to the naſty foul feeces

lying at the bottom of the caſk, compounded of ſediments of malt hops and yeaſt, which are all clogg'd with groſs, rigid ſalts, which by their long lying in the butt or veſſel do tincture the drink as to make it partake of all their raw natures.

For this purpoſe the following compoſition is very good: Take a quart of brandy either *French* or *Engliſh*, that has no burnt tang or other ill taſte, and that is full proof, mix with this as much wheat or bean flour as will make it fit to be kneaded into dough, which being roll'd in long pieces, put it into the bung-hole as ſoon as the beer has done working or afterwards, and let it fall gently piece by peice to the bottom of the butt, this will maintain the drink in a mellow freſhneſs, prevent it fromgrowing ſtale for ſome time, and will add to the ſtrength of it, as it grows in age.

Another Way.

Mix a pennyworh of treacle or honey with a pound of dry'd oyſter-ſhells finely powder'd, or ſo much fat chalk, and put them into the butt, as ſoon as it has done working or ſome time after, and bung it well; and this mixture will both fine and preſerve the beer in a ſoft ſmooth condition for a long time.

Another Way.

Dry half a Peck of egg-ſhells in an oven, break them and mix them with two pounds of fat chalk, and then with water in which four pound of coarſe ſugar has been boil'd, and put this into the butt as before deſcrib'd.

As to Uſing WHEAT *for this Purpoſe.*

Many put wheat into beer to preſerve and feed it, taking it to be a ſubſtantial *Alkali.*

But it has been found by experience, that ſuch wheat, in about three years time, has eaten into the very wood of the caſk, and there honey-comb'd it by making little hollow cavities in the ſtaves.

Others hang a bag of wheat in the veſſel, ſo that it may not touch the bottom; but in both theſe caſes, it has been found by experience, that the wheat has abſorb'd and collected the ſaline acid qualities of the Beer, yeaſt and hop, by which it is impregnated with their ſharp qualities: And this whole wheat being loaded with the qualities of the unwholeſome

wholeſome ſettlements or grounds of the beer, becomes of ſuch a corroding nature, as to do this miſchief. And for that reaſon ſome perſons in the north of *England*, hang a bag of flour or malted oats, peas or beans in the caſk of beer, as being a lighter and mellower body than wheat or its flour and more natural to the liquor.

But it is ſuppoſed that whether the wheat be raw or malted after it has emitted its alcalous properties to the beer, and taken in all it can of the acid qualities of it, that ſuch beer will by length of time prey upon that again, and ſo communicate its pernicious effects to the bodies of the drinkers; therfore it is adviſeable that ſuch butt, or keeping beer be tap'd at nine or ten months old at furtheſt, and then an artificial lee will have a due time allow'd it to do good and not harm.

To recover BEER *that is flat or dead.*

Take four gallons out of a hogſhead, and boil it with five pound of honey, ſcum it, let it be cool'd, and put it to the reſt, ſtop it up cloſe, and it will make it pleaſant quick and ſtrong.

To make Stale BEER *drink new.*

Stamp the herb horehound, ſtrain the juice, and put a ſpoonful of it to a quart or three pints of beer, cover it and let it ſtand two hours and then drink it.

To fry the roots of the Red BEETS

Firſt waſh the roots, and lay them in a glaz'd earthen-pan; bake them in an oven, and then peel the thin ſkin off them, and ſlip them from the top to the tail, cutting them in the ſhape of the fiſh called a ſole, a little above a quarter of an inch thick; dip them into a thick batter made with white wine, fine flour, ſweet cream, the whites and yolks of eggs; but more yolks than whites, ſeaſon'd with ſalt, pepper, and cloves pounded fine.

As they are dipped in the batter, they muſt be ſtrew'd over thick with fine flour mix'd with grated bread and parſley ſhred ſmall and ſo fryed in lard; when they are enough let them them dry; garniſh with lemon and ſerve them up.

Theſe may be laid about ſtew'd carp, tench or roaſted

jacks, by way of garniſh with ſcrap'd horſe radiſh and pickled barberries.

To pickle Red BEETS.

Boil them, ſlice them, and put them in a pickle of vinegar only, and you may keep them to garniſh ſalads of ſmall herbs.

BEETS. Beet-raves are made uſe of to colour wine and ſeveral other liquors, for which purpoſe they take a caldron full of water, heat it till it is ready to boil, and having cut the beet-raves in pieces, as if for a ſallad; put them in the water, boil them for a moment, ſet off the cover, and let it ſtand a day and a night, then take out the raves; put the water into a caſk, and it will acquire a red tincture, and may be uſed for colouring other liquors.

To dreſs BEET RAVES.

Firſt boil them in water, or ſet them into an oven, or roaſt them in aſhes, take off the ſkin, and cut them into ſlices, and eat them either with oil olive, vinegar and ſalt; or you may fry them in butter, and add ſome ſliced onions to them, when fry'd ſeaſon them with ſalt and pepper, add a little vinegar and ſerve them up.

Beets are of an attenuating and mollifying quality; they help digeſtion, open the body, and purify the blood; theſe are their effects being eaten. The juice of the white beet put up the noſtrils is good to promote ſneezing and clear the brain.

The leaves give great relief in the piles, when much enflamed, and will either make them ſuppurate, or gently go off.

BETONY, is ſaid to be good for all internal diſtempers of the body. The Jaundice, Epilepſy, Palſey and Sciatica. Betony in white wine, allays pains in the kidneys; the leaves pounded and made into a cataplaſm, are good for ſuddenly cloſing up wounds in the head; alſo, if to this be added hogs greaſe it will bring ancomes and impoſtumes to a ſuppuration: Pounded with ſalt they heal ulcers and cancers.

BIRCH TREE, *of the Sap of which, is made* BIRCH WINE, *a curious Liquor.*

About the begining of *March*, when the buds begin to be proud and turgid; and before they open the leaves, cut a ſlip in the tree with a chizzel and mallet, almoſt as deep as the pith; cut it oblique, and not long ways, putting in a ſmall ſtone, or a chip to keep the wound open a little.

Sir *Hugh Platt*, is of opinion, that the beſt way is to tap theſe trees within a foot of the ground, the firſt rhind being taken off, and then the white bark ſlit over thwart no farther than to the body of the tree.

Let the wound be made in that part that looks to the ſouth weſt, or between theſe quarters; becauſe little or no ſap ariſes from the northern ſide.

Into this ſlit put a leaf of the tree fitted to the dimenſions of the ſlit, from which the ſap will diſtil in the manner of a filtration; take away the leaf, and the bark will cloſe again, a little earth being clap'd into the ſlit.

Where there is good ſtore of birch trees many gallons of juice in a day may be gathered from the boughs, by cutting them in ſuch manner that their ends were fitted to go into bottles, the liquor will diſtil plentifully into them: So that ſome ſay in 12 or 14 days the liquor that iſſues out, will weigh more than the tree it ſelf. That liquor is the beſt which is thus produc'd from the branches, and is better than that from the trunk, the latter not being ſo pure and ærial as the former; that from the branches has had a longer time in the tree, ſo as to be the better digeſted, and to acquire more of its flavour than if it were extracted from the trunk.

Some are of opinin, that the beſt method to procure ſtore of the liquor, is to cut the tree almoſt quite through at the circles on both ſides the pith, leaving only the utmoſt circle and the bark on the north and north eaſt ſide unpeirc'd, and that the larger theſe holes are bor'd, in the greater plenty it will diſtil; which if it be through or under a large arm near the ground it will be done with the greateſt advantage, and will not ſtand in need of either ſtone or chip to keep it open, nor a ſpiggot to direct it to the veſſel that is to receive it: Thus it will in a little time afford liquor enough to brew with, and in ſome of thoſe ſweet ſaps one buſhel of malt will make as good ale, as four in ordinary water.

The ſeaſon for performing this work is, from the latter end of *February* to the end of *March*, while the ſap riſes and before the leaves ſhoot out, for when the ſap is forward and the leaves begin to appear, the juice by reaſon of a long digeſtion in the branch grows thick and colour'd, which before was thin and clear.

To preſerve this juice in the beſt condition for brewing, till you have got a ſufficient quantity of it, ſet what runs firſt in the ſun, till the reſt is procur'd, to prevent its growing ſour.

It ought immediately to be ſtop'd up in the bottles in which it is diſtill'd, and the corks well wax'd and expos'd in the ſun till you have a ſufficient quantity. Then let ſo much rye-bread toaſted dry; but not burnt, be put into it to ſet it a working, and when it begins to ferment, take it out and bottle it immediately with a few cloves or the like to ſteep in it, and it will keep a whole year. It extracts the taſte and tincture of the ſpice in a very little time. Mr. *Boyle*, propoſes a ſulphureous fume to the bottle.

The liquor of the *Birch* is accounted to have all the virtues of the ſpirit of ſalt, without the danger of its acrimony, moſt powerful for diſſolving the ſtone in the bladder.

The wine is a rich cordial, curing conſumptions and ſuch inward diſeaſes as accompany the ſtone in the bladder or reins.

And Dr. *Needham* affirm'd that he had often cur'd the ſcurvy with the juice of it boil'd with honey and wine.

The ways of making BIRCH WINE *are thus*,

To every gallon of the juice of *Birch*, put a quart of honey, ſtir them well together, and boil them with a few cloves and a little lemon peel for almoſt an hour taking care to ſcum it well all the while it is boiling; when it is boil'd and has ſtood till it is grown cold, put in three or four ſpoonfuls of new ale yeaſt to make it work, which it will do like new ale, and when the yeaſt begins to ſettle, bottle it up. It will in a competent time become a moſt briſk and ſpirituous drink, which will open powerfully, and works wonders in the cure of the phthiſick.

This wine may be made as well with a pound of ſugar to a gallon of juice, or it may be ſweeten'd with raiſins and and made a raiſin wine.

The author of the *Vinetum Britannicum*, directs the boiling of it but a quarter or half an hour, and then to ſet it by

by to cool, and to add a very little yeaſt to purge it, and then to put it up in a barrel with about a quarter of an ounce of cinnamon, and the like quantity of mace to 10 gallons; to ſtop it up cloſe for a month before it is bottled. The bottles muſt be ſet in a cool place, to preſerve them from flying.

This wine is rather for preſent drinking than long keeping, unleſs the place where it is ſet be extraordinary cold.

This wine being exquiſitely made, is ſo ſtrong, that the common ſort of ſtone bottles cannot preſerve the ſpirits, they are ſo ſubtile and volatile, and yet is gentle and harmleſs in its operation.

Another Way.

For every gallon of freſh *Birch-water*, allow two pounds of good clean ſugar, making the water boil before you put the ſugar in, and keep it boiling over a clear fire for an hour and a half; then take it off, and when it is almoſt cool, put ſome yeaſt to it, and let it work (in a veſſel with an open head) for three or four days.

Then to each gallon of liquor add a pound of *Malaga* raiſins, pick'd clean from the ſtalks and ſhred; then put it up into a well ſeaſoned caſk, ſtop it very cloſe, and let it ſtand a month before it is bottled.

If this *Birch-wine* be made with a fine powder or loaf-ſugar, it will in time become as rich as white wine.

Some make this wine without raiſins, allowing three pound and a half of loaf-ſugar to every gallon of new drawn *Birch-water*; this muſt be boil'd a while and clean ſcummed, before the ſugar is put to it; and then the boiling is to be continued as above directed, and ſcummed as it riſes, till the liquor is perfectly clear, and when it is taken from the fire, let it be fermented with yeaſt in an open veſſel for four or five days; in the mean time ſtir it often about; then put it in a caſk that it will juſt fill, ſtop it up cloſe and let it ſtand till *Michaelmas*, before you rack it from the lees, and either put it into another ſeaſoned caſk, or into bottles.

Another Way.

Put a pound of ſugar to each gallon of liquor, and half a pound of raiſins of the ſun ſtoned, and the peel of a large lemon to every five gallons, and 30 or 40 freſh large cloves; boil all theſe together, ſcumming it well, then pour it out in a veſſel to cool, and put yeaſt to work it; then put it up in

a caſk

a caſk, but do not ſtop it cloſe till it has done working, and in a months time it will be ready to bottle.

To make Fruit BISCUIT.

Scald your fruit, dry it well from the water, and rub it through a hair ſieve; ſet it in a pan over a ſlow fire, and ſtir it till it is pretty dry; then ſift fine ſugar through an hair ſieve; and having a ſpoonful of *Gum-dragon* very well ſteep'd and ſtrain'd, and about a quarter of a pound of fruit, mix it well with two pounds of ſugar, beating it with a biſcuit-beater; then having the whites of 12 eggs beaten up to a very ſtiff froth, put it in by little and little at a time, beating it till it is all in, and looks as white as ſnow, and very thick; drop this on papers, and ſet them into a very cool oven, and ſhut it up to make them riſe.

The lemon biſcuit is made the ſame way, only inſtead of fruit put in the juice of three lemons; leſs will make two pound; it muſt have juice enough to make it to a paſte, and the rinds of two lemons grated, and when it has been beaten enough, you may put in a little *Muſk* or *Ambergreaſe*, and drop and raiſe it in the oven as the other.

To make LONG BISCUIT.

Break 28 eggs, take the whites of 14 and beat them very well with two ſpoonfuls of roſe-water, to which add three pound of ſifted ſugar; beating it all the while the oven is heating, and having dry'd two pounds and a quarter of fine flour, put it in cold, and put in two eggs; ſtir it well and drop it.

It muſt have a very quick oven; bake it almoſt as faſt as you can fill the oven; laying the papers on tin-plates, or elſe they will be apt to burn at the bottom.

This biſcuit was what was uſually eaten by queen *Mary*, king *William*'s queen; and was her ſeed biſcuit, by the addition of half a pound of carraway-ſeeds, and bak'd in large ſquare tin-plates, the pans being buttered. It is beſt baked in a cool oven, after the baking of the aforeſaid drop biſcuit.

ROUND BISCUIT, *with Coriander-Seed.*

Beat the yolks of 10 eggs, and the whites of five of them very well; put to them eight or nine ſpoonfuls of roſe-water and as much of orange-flower-water; beat the eggs and wa-

ter

ter for a quarter of an hour; then put in a pound of ſifted ſugar, and three quarters of a pound of fine flour well dry'd; keep beating theſe all together for an hour and a half; then add two ounces of *Coriander*-ſeeds a little bruiſed, bake them in a cool oven, putting them into round tin pans buttered, and ſifting ſugar over them before they are ſet into the oven.

To make SPUNGE BISCUIT.

Beat the yolks of 20 eggs well, and whip the whites of 10 to a froth, then beat them together; put to them two pound and a quarter of ſugar ſifted, and having half a pint of water and four ſpoonfuls of roſe-water, boiling hot; while you are beating the eggs and ſugar, put in the hot water, by a little and little at a time; then ſet the biſcuit over the fire (theſe muſt be beaten either in a braſs or ſilver pan) continuing to beat it, till it is ſo hot you can't hold your finger in it; then take it off the fire, and beat it till it is almoſt cold; then put in a pound and half, or better of flour well dry'd, and the rind of a couple of lemons grated.

Bake it in ſix long pans buttered, and in a quick oven; ſift ſugar over them before they are ſet in the oven.

Sauce for a BISK *of Fiſh.*

To a pint of gravey allow two or three ſpoonfuls of muſhroom katchup, and a couple of pickled muſhroom, a gill of white whine, a couple of anchovies ſhred, ſome cloves and mace, and an onion, and a ſlice of lemon with the peel.

Boil theſe together for ſeven or eight minutes, then take out the lemon and onion, and thicken the liquor with two or three pound of butter rubb'd in flour, Then add to it the body of a lobſter or crab, oiſters, ſhrimps, and muſhrooms, and it is ready to pour over the fiſh; tho' ſome ſerve it in baſons.

The fiſh being well diſpos'd in the diſh, garniſh with fry'd bread, fry'd parſley, lemon ſlic'd and pickled, horſe-radiſh ſcrap'd, red beet-root ſlic'd, and ſerve it up hot.

BITTERS *to be drank with Wine.*

To a quart of clean ſpirits or good brandy, put an ounce of *Gentian* root ſliced; an ounce and half of dry'd orange peel, and one dram of *Virginian* ſnake-root; add to this half a dram of *Cochineal*, and half a dram of loaf-ſugar, with a dram

a dram of loaf-ſugar, which laſt will heighten the bitter to admiration. A little of this bitter in a glaſs of white wine, will create an appetite.

An excellent AROMATICK BITTER.

Take of *Gentian* root four ounces, ſlice and cut it ſmall; orange-peel dry'd and cut ſmall two ounces, *Virginian* ſnake-root an ounce; *Cochineal* a little bruiſed and ſaffron, of each four drams. Infuſe theſe in two quarts of *French* brandy for a week or 10 days, then ſtrain off the clear tincture for uſe.

You may afterwards make a ſecond infuſion from the ſame ingredients by putting to them a quart more of brandy, which will be a good bitter, tho' not altogether ſo ſtrong.

You may alſo if you pleaſe, add to the firſt infuſion *Centaury* and *Roman* wormwood, of each a pugil, which will add to its bitterneſs, and make it a better ſtomachick.

But if inſtead of theſe you add an ounce of the root of *Caſſummuniar* or *Zedoary*, it would much improve it.

BITTER WINE.

Take *Gentian* root a dram and a half; *Centaury*, *Camomile* flowers, tops of *Carduus*, *Roman* wormwood of each three drams; *Rhubarb* one dram, yellow peel of orange half a pound; *Cloves*, *Mace* and *Nutmegs*, of each one dram; infuſe all theſe two days and nights, and then ſtrain it; drink a glaſs faſting and another before dinner or ſupper. If you think proper you may add two ounces of filings of ſteel.

BLACK-BERRY WINE.

Take ripe black-berries, and bruiſe them before you put any water to them; and to every quart of berries (meaſured before they are bruis'd) allow a quart of boiling water; let them ſtand 24 hours, ſtirring them about two or three times a-day. Then paſs the liquor through a hair ſieve, and to every gallon allow two pounds and a half of powder ſugar, let it ſtand 24 hours or more in the veſſel unſtopt, and ſtir it now and then; then ſtop it up well and let it ſtand for three months, then draw it off into a clean veſſel, and put a lump of ſugar into it. Stop it up cloſe, and in a weeks time, if it be fine enough it may be bottled off.

This wine, if it be well made and be allowed time to ripen and depoſite its more fixed and earthy parts, comes the near-

reſt

reſt in taſte and goodneſs to *French* claret of any that can be produc'd from fruits of the *Engliſh* growth.

Another Way.

To every three quarts of *Black-Berries*, allow two quarts of ſpring-water; firſt boil the water and let it ſtand till it is cold; then pour it on the berries, and let it ſtand for eight hours; then draw off the liquor while it will run clear, and ſtrain the reſt through a jelly bag, and to every quart of this liquor put three quarters of a pound of good ſugar; put it in a caſk, ſtop it up cloſe, and after it has ſtood three months, clear it from its ſettlement, and filter the ſettlement through a bag; clean the ſame caſk well, and put the wine up again with a lemon ſlic'd, and add to each gallon of wine half a pound of loaf-ſugar, then let it ſtand till *March*, and bottle it off.

BLACK PUDDINGS, *an excellent Way.*

Boil the umbles of a hog till they are very tender, and take ſome of the lights and the heart and all the fleſh about them; take out the ſinews, and mince the reſt very ſmall, do the like by the liver; add the yolks of four or five eggs, a pint of ſweet cream, and a quarter of a pint of canary, a little roſe water; ſeaſon with a nutmeg grated, cloves, mace and cinnamon finely powdered, and a few carraway-ſeeds, a pretty quantity of hogs fat and ſome ſalt, roll it up about two hours before you put it into the hogs guts; and having rins'd the guts in roſe-water, fill them with your meat.

BLACK PUDDINGS, *to make*, a la mode de FRANCE.

Take the blood of an hog before it is clotted; put it into an earthen pan with a little milk, and a ſpoonful or two of good fat broth, ſeaſon them with ſalt, pepper and a little thyme, adding the leaf of the hog chopp'd ſmall: The guts having been well cleanſed, fill them with the aforeſaid meat; then boil them, pricking them to let the wind out, or elſe they would burſt; and when nothing comes out but the fat they are enough; then broil them and eat them hot.

The BLADDER is ſubject to the *Gravel*, *Stone* and *Ulcers* which cauſe a weakneſs or ſtoppage of urine, either with or without pain.

The

The ſtone in the bladder is ſometimes convey'd thither from the kidneys thro' the ureters; or elſe it is bred there from a groſs and very crude humour, which flows from the veins with the urine into it; and there becomes dry and hardened with heat.

The ſigns of the ſtone in the bladder are the pains which the patient feels in the neck of it, when he goes to make water, a great itching at the end of the yard, an inclination to make water and to go to ſtool, without being able to do either the one or the other; a great uneaſineſs either in walking, ſtanding, ſitting or lying down,

The cure for the gravel or ſtone in the kidneys, will alſo ſerve for the ſame in the bladder: and you ought to remember that when you are about to bring away the ſtone in the bladder, you ſhould always begin with light opening barley-waters; and theſe are to be taken always faſting, or four hours after meals.

The following Preſcriptions may be ſafely us'd.

1. Take two drams of the powder of wood-lice, in an ounce of brandy, and a pint of the decoction of chich-peas. Divide this quantity into half, to be taken two mornings together faſting. Or,

2. Take a dram of the powder of wood-lice, and half a dram of the ſhells of new laid eggs; mix them together in a glaſs of wine, and add a ſpoonful of the juice of white onions.

3. Let the patient drink a glaſs of diſtill'd onion water, every morning for ſix weeks together.

4. Chop very ſmall two ounces of the roots of *Celandine*, and infuſe them in a pint of white wine, and let the patient take half a glaſs of it every morning faſting, and the longer he continues the taking this remedy, the more good he will find by it.

But if none of theſe medicines ſucceed, then recourſe muſt be had to cutting.

A BLANC MANGER, *or* BLAMAGE.

Steep two ounces of *Iſinglaſs* all night in roſe-water; then take it out and put a quart of milk to the water, and five or ſix leaves of laurel, breaking the leaves in two or three pieces; boil this till all the *Iſinglaſs* is diſſolv'd, and the milk waſted to the quantity of half a pint; then add to it a quart of cream, making it boil for half an hour; then ſtraining it through a

thin

thin ſtrainer, and leave as little of the *Iſinglaſs* in the ſtrainer as you can; ſweeten it to your taſte, and add a little orange-flower water; pour it out into a *China* diſh or broad earthen one, and the next day when you are to uſe it, cut it with a ſmall jagging iron into long ſlips, and lay it in knots on the diſh or plate it is to be ſerv'd up in.

BLEACHING *or* WHITENING *Linnen.*

As they come from the loom, while they are yet raw, lay them in ſteep a day in clear water; then waſh them out of their filth, and throw them into a bucking-tub, fill'd with a cold lixivium or lye. When you take them out of the lye you muſt waſh them in clear water again, and ſpread them on the graſs, and water them from time to time with water. Whitſters who have meadow grounds on purpoſe, interſpers'd with little dikes or canals, water the cloths lying on the graſs with little wooden ſcoops.

After they have lain a certain time on the ground, you are to paſs them through a new lye pour'd on them hot, then you muſt waſh them out again in clear water, and ſpread them on the ground a ſecond time, and repeat every thing as before: Afterwards you are to paſs them thro' a ſoft gentle lye, to diſpoſe them to reſume the ſoftneſs, which the fore-mentioned harſher lyes had taken from them, and then to waſh them again in clear water with black ſoap, and that ſoap is again to be waſh'd out in clear water: Then having ready cows milk that has ſtood till the cream has gathered, which being well skimmed off, ſteep the linnen in it, and this finiſhes the whitening, and then ſcouring gives them a ſoftneſs, and makes them caſt a little nap. When they are taken out of the milk, they are to be waſh'd again in clear water for the laſt time.

When all this has been done, you may give the linnen its firſt blue by paſſing it through a water, in which a little *Starch*, *Smalt* and *Dutch Lapis* have been ſteep'd.

In the laſt place the proper ſtiffneſs and luſtre may be given with *Starch*, *pale Smalt*, and ſome gums, the quantity and quality of which is to be proportion'd to the quantity and quality of the linnen.

In fine weather, the whole proceſs of *bleaching* linnen may be perform'd in a months time; but in bad weather it will require ſix weeks and ſometimes more.

To BLEACH *or* WHITEN *coarſe Linnen.*

When theſe come from the loom they are to be laid in wooden troughs full of cold water, where they are beaten with wooden hammers, work'd by a water-mill, and by this means are waſh'd and purg'd of their filth, then they are to be ſpread on the ground, to recive the dew for eight days, which takes off more of their rawneſs; after this they are to be put in wooden tubs, and hot lye is to be poured on them. Having been thus lixiviated they are to be returned to the mill and cleans'd, then laid on the ground again, and having lain eight days more, are to paſs through a ſecond lye, and all things before-mentioned repeated, they will have their juſt degree of whiteneſs.

To BLEACH *Woollen Stuff.*

Stuffs are whitened after three manners. The firſt is with water and ſoap, the ſecond is with the vapour of ſulphur, and the third is with chalk, indigo and vapour of ſulphur.

As for the firſt manner; when the ſtuffs are come from the fulling-mill, they muſt be put into ſoaped water pretty hot, and work'd a-freſh by force of arms on a bench, which finiſhes the *whitening* that was begun by the fulling-mill; and laſtly they are to be waſh'd out in clear water and dry'd, which is call'd the natural way of *Bleaching*.

The ſecond method of *bleaching* ſtuffs is begun by waſhing the ſtuff in river water, and afterwards hanging it to dry on poles, till being become half dry, when it is to be hung up in ſtoves, well cloſed, wherein ſulphur is burnt; the vapour of which diffuſing it ſelf, it ſticks by little and little all over the ſtuff, and gives it a fine *whiteneſs*. This is commonly call'd *Bleaching by the flower*.

The third method is; the ſtuffs are firſt waſh'd, and then thrown into cold water, impregnated with *Chalk* and *Indico*, in which they are to be well agitated, and then waſh'd again in *Elder-water*, and then hung on poles till they are half dry, and afterwards hung up in a ſtove to receive the vapour of the *Sulphur*, and this finiſhes the *bleaching*.

But this method of *bleaching* is not eſteemed the beſt, tho' it is agreeable enough to ſight: And beſides when a ſtuff has once receiv'd the ſteam of ſulphur, it will ſcarce receive any beautiful dye, but *black* and *blue*.

BLEACHING *raw Silk.*

Put it into a thin linnen bag, throw it into a veſſel of boiling river water, in which ſoap has been diſſolved, and then boil'd two or three hours, the bag being turned ſeveral times; then it is to be taken out and beaten, and waſh'd in cold water, wrung out ſlightly and thrown into a veſſel of cold water mix'd with ſoap and a little indico, the indico gives it the blueiſh caſt, always ſeen in white ſilks.

After it is taken out of the ſecond veſſel, it is to be wrung out ſo as to free it entirely from the water and ſoap, and ſhook out to untwiſt and ſeparate the threads, and then hung up in a kind of ſtove made on purpoſe, in which ſulphur is burnt; the ſteam or vapour of which gives the laſt degree of whiteneſs to the ſilk.

BLEEDING, *to ſtop immediately.*

Dip a piece of black bays in the ſharpeſt vinegar, and lay it to the patient's groin, as it grows warm dip it again.

It gives a ſudden check, and is the practice in the *Weſt-Indies* among the Blacks, who are ſubject to this diſtemper, and often loſt by the violence of it. And this does ſeldom fail in extremity.

BLIND NETTLE, call'd alſo *Pile-wort*, or *Fig-wort*, is of a heating, drying, digeſtive and inciſive quality; it is very bitter, and the chief uſe of it in phyſick, is for the king's evil, piles, and the cures of ulcers in the *Anus*.

It is alſo good in cancerous ulcers, in the *Itch*, and being apply'd outwardly, is ſingular good for glowing and malignant ulcers.

The root being reduc'd to a fine powder, and taken to the weight of a dram, is good to kill the worms, and being freſh is exceeding helpful in the evil and piles.

To make an ointment of it for theſe diſtempers, do as followeth.

Pound the root well with freſh butter, put it into a new earthen pot, cover it cloſe, and ſet it in a moiſt place for 15 days; then melt the butter over a gentle fire, and put it up for uſe.

BLUE BOTTLE, is of two ſorts, the great and the ſmall; both the one and the other are of a cold, dry nature, and ſovereign in inflammations of the eyes.

There is a water extracted from them, eſpecially the great, which being ſuffered to digeſt two or three days in a ſufficient quantity of rain or ſnow water, before it be quite dry, ſtrengthens the ſight, ſo that you may readily quit your ſpectacles. The eyes are to be bathed with this water, and a little is to be ſuffered to enter into them.

A glaſs of that decoction being mix'd with as much of that of *Plantane* or *Shave-graſs*, or great *Groundſel*, being drank, will ſtop the ſpitting of blood.

BOTTLING *of Beer.*

Take clear water, or ſuch as is impregnated with the eſſence of any herb, and add half a pound of *Nevis* ſugar to every quart of water; boil it gently and ſcum it; then add a few cloves, and let it ſtand fit to put yeaſt to, and when it works, ſcum off the ſcum again, and while it is in a ſmiling condition, put three ſpoonfuls to each bottle, fill them and cork them down.

A few cryſtals of *Tartar* do alſo very well in bottled beer, adding a few drops of the eſſence of barley or wine.

BOTTLING *of Cyder.*

If bottles are muſty, put them into a veſſel of cold water, to prevent their cracking; boil them, and when you take them out, ſet them on ſtraw or ſomething ſoft, and not on the hard and cold ground.

If you bottle cyder that is new and not abſolutely fine, let the bottles ſtand a while before you ſtop them cloſe, or elſe open the cork two or three days after, to give the cyder air, which will prevent the breaking of the bottles, againſt the next turning of the wind to the ſouth.

The poorer cyder is more apt to break the bottles than the richer, being of a more eager nature, and the ſpirits more apt to fly, having not ſo ſolid a body to detain them, as richer cyders.

If any of the bottles break through the fermentation of the cyder, open the corks of the reſt, and give them vent, and ſtop them up again a while after.

If the corks are ſteep'd a while in ſcalding water before they are us'd, they will the better comply with the mouths of the bottles, than if forced in dry; the moiſture alſo of the cork does much contribute to keep in the ſpirits.

Therefore the laying of the bottles ſide-ways, where the liquor

liquor is fine, ſo that the raiſing of them may not diſturb the ſettling, nor the lye beget any new fermentation in them, is a great advantage to any liquor.

The Method of colouring BRANDY.

You muſt take notice, that all brandies when firſt made are as clear as water, and do grow higher coloured by long keeping; but are artfully made of any colour by ſeveral ways.

To make a light ſtraw-colour, uſe *Turmerick*, or you may uſe a little *Treacle*; but the beſt way is to give it a colour or tincture with a little burnt ſugar, made to a conſiſtence; or ſyrup of elder-berries may be us'd, which gives an admirable colour, and may be made deeper or lighter, according to the quantity put in.

BRAWN. For this you ſhould make choice of an old boar, for the older he is, the more horny will the brawn be.

For the feeding of the boar, you muſt be provided with a *Frank* (as the farmers call it) built very ſtrong, to keep him in.

The *Frank* ſhould be in form, ſomething like a dog kennel, a little longer than the boar, which is to be put up ſo cloſe on the ſides that the boar cannot turn about in it; the back of the *Frank* muſt have a ſliding board to open and ſhut at pleaſure, for the conveniency of taking away his dung, which ſhould be done every day.

This *Frank* ſhould be in ſome place diſtant from other hogs, ſo that he may neither ſee nor ever hear them, for if he does, he will pine and loſe more fleſh in one day than he will get in 10.

He muſt be fed plentifully with peas, as many as he will eat; and ſkimm'd milk or flitten milk.

This muſt be done till he declines his meat, or eats but a very little of it, and then the peas muſt be left off, and he muſt be fed with paſte, made of barley meal, made up into balls as big as large hens eggs; but ſtill continue to give him ſkim milk, and in a little time you will find he declines that likewiſe, which when he does, he is then fit to be killed for brawn.

While he is thus feeding, you muſt take care that he has always meat before him, for neglect in this will ſpoil the whole deſign.

The Method of preparing BRAWN.

The boar being killed, it is the flitches only without the legs that are made brawn, the bones of which are to be taken out, and then the fleſh ſprinkled with ſalt and laid in a tray, that the blood may drain off; then it is to be ſalted a little and roll'd up as hard as poſſible; ſo that the length of the collar of brawn, be as much as one ſide of the boar will bear, and to be, when it is roll'd up, 9 or 10 inches diameter.

The collar being thus roll'd up, is to be boil'd in a copper or large kettle in a good quantity of water, till it is ſo tender that you can run a ſtraw through it; then ſet it by till it is thoroughly cold, and put it into the following pickle.

To every gallon of water put a handful or two of ſalt, and as much wheat bran; boil them well together, then drain the brawn as clear as you can from the liquor, and when the liquor is quite cold, put the brawn to it.

This pickle muſt be made a-freſh for it every three weeks.

Some put half ſmall beer and half water, but the ſmall beer muſt be ſuch as is brew'd with pale malt.

N. B. The boars-head being well clean'd, may be boil'd and pickled as the brawn is done.

BRAWN *of* PIG, *to make.*

Let the pig be pretty large and fat; but by no means ſpotted, ſcald it, draw and bone the whole, except the head; then cut it into collars overthwart both the ſides, waſh it and let it lie in ſoak two hours in ſalt and water, dry it with a clean cloth and ſeaſon the inſide with ſalt and lemon peel mingled, and roll the two ſides up even at both ends; put them up into clean cloths, and tie them about very tight; make your water boil, put them in with ſome ſalt, keeping the pot clean ſcummed, and when boil'd enough hoop them and keep them in an even frame, and when they are grown cold, put them into a ſouce drink, made of whey and ſalt or oatmeal boiled and ſtrained; and then put them into ſuch veſſels in which they may be cloſely ſtopp'd up from the air,

BRAWN, *to Souce.*

Take fat brawn about three years old, cut the head cloſe to the ears, and bone the ſides, and cut fine collars of a ſide bone and hinder legs, an inch deeper in the belly than in the back; bind them up equally at both ends, and lay them in

fair

fair water and ſalt for 24 hours; then having boiling water ready, put them in, keeping the pot continually ſcummed; and after they have had one briſk boiling, let them boil but leiſurely, and as the water boils away put in more, and ſo leſſening the fire by degrees let them ſtand all night. When they are between hot and cold take them out, put them in hoops; bind them about with pack-thread, and put them into a ſouce drink made of oatmeal, either ground or pounded, and bran boil'd in fair water: When it is cold ſtrain it thro' a ſieve, and ſeaſon is with ſalt and vinegar; cloſe up the veſſel tight, and keep it for uſe.

If you would have this pickle to continue good, and the brawn preſerv'd through the whole year, put to it a quart of ſpirit of wine or ſtrong brandy to every gallon of ſouce drink,

BREAD. That which is made of good wheat, well leavened and baked, ſeaſoned with a little ſalt, is generally reputed the beſt; but that which is not thoroughly kneaded and bak'd, and without ſalt is accounted very unwholeſom, eſpecially to thoſe who inhabit in ſmoaky cities.

Alſo unleavened bread, and cakes bak'd under the aſhes, is not good, in that it is apt to cauſe obſtructions and is hard of digeſtion.

Bread made of *Darnel* and *Cockle*, procures the head-ache, injures the ſight, and makes the eyes dazzle; and bread made of *Spelt* is hard of digeſtion,

Of the three parts of bread reckoned, the cruſt, the crum and the pith, the cruſt is the beſt, of the moſt ſolid nouriſhment and the moſt wholeſom.

We have bread made of ſeveral ſorts, as wheat, rye, maſlin, barley, oats, vetch, and other grains to help out, eſpecially by poor people, and in a time of ſcarcity.

Authors are of opinion, that that corn that grows in gravelly and light grounds, whoſe ſtalk is thick and ſtrong, is much better to make bread of than that which grows in deep and low grounds, which is ſubject to be lodg'd, and has a long and weak ſtalk.

New corn always makes the moſt agreable bread in point of colour, and better taſted than that made of old corn; but at the ſame time it yields more bran, by reaſon that old corn having been often ſtirr'd in the granary, looſes much of its huſky part, which crumbles into duſt.

That corn which is ground the quickeſt is the beſt; becauſe the precipitation cruſhes the corn the better, without grinding the bran, than that which is ground ſlowly; and old ground flour, eſpecially that which has been ground a month

before it is us'd, is more profitable than that which is new ground.

Flour ought to be well laid up in bins or caſks, and kept cloſe from the air, and in exceſſive heats of ſummer, ſet in a cellar or ſome other cool place, which is beſt to keep it well.

Water is one of the principal things neceſſary in making good bread, therefore great care ſhould be taken in the choice of it (if that can be done) that water which is the lighteſt is the beſt; and if you have a mind to make trial of them, you may weigh a pint of them, whether river, ſpring, pool or rain water.

As for common bread, the more wheat there is in it, the better it will be.

As for the oven, that ſhould be built very thick, and of good maſon's work above, below, and on the ſides; the mouth ſhould be narrow, the vault low, and care ſhould be taken that it be evenly heated, and long a heating, that the heat may penetrate the walls.

Pieces of thick dry wood, and eſpecially of beech, are better for heating an oven than faggots or other fuel, becauſe they produce too much aſhes; which ſhould be frequently taken off the hearth, that it may be evenly heated with the reſt; and the hearth will be better when made of plain earth, than when pav'd or laid with ſquare tiles.

As for the manner of working the dough, ſee the article BAKING.

In heating the oven, care is to be taken that the wood does not burn every where at the ſame time; but ſometimes on one ſide, and ſometimes on another.

You may know when the oven is hot enough, by frapping a pole againſt the hearth, *&c.* becauſe if it be hot enough ſparks will ariſe; then taking out the brands, ſweep it clean with old linnen cloth, at the end of a pole, and wetted in fair water; but wrung before you uſe it: The oven being ſwept clean, ſtop it up, and let the heat abate a little, otherwiſe it will turn the bread black; then opening it a little after, ſet the bread in as quick as you can, ſetting the biggeſt loaves on the bottom and ſides of the oven, and finiſh in the middle.

When the bread is ſet in, ſtop up the oven very well, and hang wet linnen cloths about it, in order to preſerve its heat.

Large loaves will require about four hours baking; and to know whether the batch be ſufficiently baked, you may take out one loaf, which you may try by frapping it with your fingers, and if it reſound, it is time to draw, for if the

bread

bread be let ſtand longer in the oven, after it is ſufficiently baked, it will become red on the inſide, nor will the taſte be ſo pleaſant.

Having drawn your bread, lay it down on that part which is moſt bak'd, that it may ſoften as it cools, and if it is equally bak'd in every part, ſet it againſt a wall, and on that ſide that ſeems to be moſt bak'd; and let it be cold before you ſet it up in bins, *&c.* and then always ſideways, that they may equally receive the air; and ſet them in a proper place to preſerve them from growing mouldy.

Thoſe loaves ought to be firſt eaten that are worſt made, and leſs bak'd; for thoſe that are moſt baked will grow ſofter in time.

That bread which is moſt bak'd is eaſieſt of digeſtion, becauſe what the heat does in baking, forwards the comminution of the moſt viſcid parts, which is to be finiſh'd in the ſtomach; the ſalt and heat, and whatever is added to it as leaven, to give it a gentle ferment, very much aſſiſts to the ſame end, therefore the lighter it is the better.

All ſtale bread being ſet into an oven again, will in ſome meaſure recover the goodneſs it had loſt ſince it had been firſt bak'd; and provided it be eaten ſoon after it has been drawn a ſecond time, it will ſeem to have been new made; but if it be kept long, it will grow much leſs than before.

There is another ſort of bread made, which ſome perſons recommend as better, which will keep a month longer than the common ſort of bread; in which there is us'd *Citruls*, boil'd ſo long in common water, till the water becomes clammy; and the flour being kneaded with it, will beſides the other good qualities mentioned, yield a quarter part more; it is of a yellow colour, and good for thoſe that want cooling, and to keep the body open.

Some having procur'd a number of ſnails and caus'd them to caſt their ſlime, dry them and pound them to powder, with which they make a bread, a piece of which (they ſay) being eaten, will ſuſtain a man eight days, without eating any more.

To make an Old Engliſh BREAD PUDDING.

Grate all the crum of a penny-loaf, and pour upon it a pint of boiling milk or cream; cover it and let it ſtand to ſcald; beat the yolks of five and whites of three eggs; with ſalt and ſugar a little of each; ſtrain this to the bread and milk; when that is pretty cool, grate in a nutmeg, and mix

all well together, pour it into ſmall wooden diſhes that have been buttered, and are of a ſize, tye them up in cloths, but flour the cloths firſt, very tight. They will require an hours boiling.

You may if you pleaſe in the ſpring, add juice of *Spinage*.

FRENCH BREAD.

To two quarts of flour, put ſix ſpoonfuls of ale yeaſt, of milk and water, warm'd in equal quantities; a bit of butter, of the quantity of two good walnuts and a little ſalt, make them pretty light and drop them on tin-plates, ſet them before the fire to riſe, then bake them in a quick oven; raſp them.

Some put the yolks of ſix and the whites of two eggs to this quantity; but others think the eggs take from the ſhortneſs of it, and make it tough.

For a SORE BREAST.

Take *Smallage*, *Spear-mint* and *Wormwood*, of each a good handful; boil all in milk, and thicken it with oatmeal to a poultice, and lay it on the breaſt as hot as it can be borne, and when it grows hard or dry, repeat it again. This will either break the breaſt, if there be occaſion, or heal it without any other ſalve.

SHORTNESS *of* BREATH.

Take half an ounce of powder of *Elecampane* root, an ounce of powder of *Liquorice*, and the ſame quantity of flour of *Brimſtone* and powder of *Anniſeed*, and a quarter of a pound of *Sugar Candy* powdered; make all up into a maſs, with a ſufficient quantity of *Tar*, of which take four pills when you are going to reſt.

This is likewiſe an excellent medicine for an *Aſthma*.

Another for the Same.

Take *Elecampane* root finely powdered, and flour of *Brimſtone* in equal quantities; mix them into an electuary with clarified *Honey*, and take it whenever you are ſiez'd with the cough, or find a difficulty of breathing.

Another Way.

Take *Elecampane* roots two ounces, *Hyſop* and *Ground Ivy*, of each two handfuls, *Saffron* half an ounce: Boil theſe in four quarts of water, till about half is conſum'd, ſtrain it, and ſweeten it with ſugar candy, of this take three ſpoonfuls very frequently.

Another Way.

If the breath be very bad, it will be beſt for the patient to loſe nine or ten ounces of blood, if he can bear it, before he takes the following medicine, which is a pretty hot one. Then let him take a couple of ſpoonfuls of ſyrup of *Garlick*, or the cloves of *Garlick* preſerv'd, both are very good.

Another for the ſame.

Take a ſpoonful of *Linſeed* oil new drawn, the firſt thing in the morning, and the laſt at night.

Another of the ſame, eſpecially for young Ladies

Take *Annis*-ſeeds, and *Caraway* ſeeds, of each an ounce, *Liquorice* half an ounce, one ounce of prepar'd *Steel*, one large *Nutmeg*, and two ounces of double refin'd ſugar, reduce all to a very fine powder, and take as much as will lie on a ſhilling in a morning faſting, and at five in the afternoon, and uſe exerciſe.

BREW-HOUSE, or place for brewing, ſhould be ſo ſituated that the ſmoak may not be an annoyance to any of the apartments of the dwelling-houſe; the furnace ſhould be made cloſe and hollow, for ſaving the fireing, and having vent for the paſſage of the ſmoak, that the liquor may not be tainted thereby; and a copper is better than a leaden boiler. The maſh fat ought to be placed near to the head of the cooler, and the cooler near to the maſh fat, and the guile-fat under the cooler, and all your clean tubs for receiving the worts and liquors, ſhould ſtand near the maſh fat and cooler.

In order to brewing good drink, great care is to be taken in the choice of the water, malt, and hops, and no leſs in the manner of mixing and fermenting them.

1. As to water, pond water and other ſtanding waters in fat grounds, if clear and ſweet, will make ſtronger drink with leſs malt than will pump or conduit waters; tho' any of thoſe waters are good that will bear ſoap and lather without breaking.

Rain-water which lathers the beſt of any, if it be ſaved from lead, where it brings no ſalt from the mortar over which it may paſs, will do very well for brewing ale that is to be drank new; but will not be proper for drinks that are to be long kept, it being very apt to change; and unleſs it be kept cool and in great quantities, as is done in the leaden ciſterns at *Amſterdam*, will corrupt and putrify ſooner than any other water.

As for *Thames-water*, if it be taken up about *Greenwich* where it is free from all the brackiſhneſs of the ſea, and has in it all the richneſs and ſuillage of the city of *London*, will make a very ſtrong drink.

This water being carried to ſea, will of it ſelf alone ferment admirably; and after it has had its due purgations, and has ſtunk three times, it will continue ſweet, and will be ſo ſtrong, that ſeveral ſea commanders aſſert, that it would fuddle their men, and even burn like brandy.

But notwithſtanding it is generally allow'd that *Thames* water is by no means proper for brewing ſtrong beer to keep; for tho' the drink that is brew'd therewith be never ſo clear it will be apt to ferment and grow foul upon every conſiderable and ſudden change of the weather.

And this may be taken for a rule, that no malt drink is truly good, which is not perfectly fine.

The beſt liquor for brewing, is that of a ſmall clear rivulet or brook that is undiſturb'd by navigation or fording; and that is taken up in dry weather, when the banks have not been waſh'd by rain.

Some are of opinion that the beſt water in *England* is that at *Caſtleton* in *Derbyſhire*, commonly call'd the *Devils-arſe* in the *Peak*; which ouzes out of a great rock cover'd over with a ſhallow earth, bearing ſhort graſs at the top.

It is ſcarce credible that ſuch a quantity of water ſhould draw through ſuch a vaſt quantity of one rocky ſtone, if it were not viſible to the ſight of any one that goes into *Pool's hole*, how the water is continually dripping through the top and running down the ſides, till it makes a kind of chryſtal rivulet at bottom of that prodigious rocky concave.

Ale brew'd at *Caſtleton*, has been found as clear in three days after it was barelled, as the ſpring water it ſelf, and

ſo

ſo that it has not been poſſible by the eye, in a glaſs, to diſtinguiſh it from a glaſs of canary.

Thoſe who brew, ſhould if they can have choice, be as curious in chuſing their water as may be, for ſome waters will never make good ale or ſtrong beer; but however, if the beſt water cannot be had without great trouble and charge, the beſt water that is to be had near at hand may ſerve well enough for ſecond and third worts, which are to be quickly ſpent and for table-beer.

Dr. *Mead* is of opinion, that the inhabitants of *London* are in the wrong in brewing beer of ſtagnating and impure well water; indeed he owns that ſuch water has a greater force and aptneſs to extract the tincture of malt than that of ſoft waters and rivers; but that for this reaſon it ought not, unleſs upon meer neceſſity to be made uſe of; becauſe this quality is owing to the mineral particles aud aluminous ſalts, with which it is impregnated.

As for the *Malt*, thoſe of the north country are eſteemed the beſt; as *Nottingham*, *Derbyſhire*, *Leiceſterſhire*, *Lancaſhire*, &c. are accounted the beſt, eſpecially for ale; but are generally ſlack dried for brewing *March* and *October* beer, which ought to be kept at leaſt ſix months before it is drank.

The goodneſs of the northern malts is owing partly to the grain it ſelf, that growing on grounds that have more reſt than in more ſouthern countries, where the rents are higher and the grounds more worn by continual ſowing, and partly from the making of it, for they allow more time in malting than in other places, and dry it more leiſurely, with pit-coal chark'd, which in ſome places, and in others *culm*; which is ſweet and give a genrle and certain heat.

Whereas in the ſouthern parts of *Britain* many dry their malt with ſtraw, with which it is no eaſy matter to keep it in a moderate equal heat: And in the weſtern counties, they do it with wood which gives it an ungrateful taſte to ſuch as are not familiariz'd to it by cuſtom.

Beſides in the north countries, they do not run out their malt to ſuch lengths in malting as in other places; and alſo ſet their upper milſtone ſo high in grinding it, that it only breaks off the tops of the clevel, which contributes much to the making their drink ſo fine.

Some ſay that malt mix'd of ſeveral kinds make the beſt drink, and that it ought to be ground in the ſacks three or four days before it is us'd.

3. As for hops, chuſe ſuch as are of a bright colour, well ſcented,

ſcented, well dry'd, cured and bagg'd, and about a year old; which are generally the beſt.

The ingredients being prepar'd, the liquor or water ſhould firſt be made to boil as ſoon as can be, and when it has been brought to boil with the greateſt violence, the fire muſt be damp'd or put out, or the liquor preſently emptied out into ſome proper veſſel, to ſtand to cool till the height of the ſteam or vapour be ſo far diminiſh'd, that a perſon may ſee his face in it; then put it into a maſhing tub to the malt, ſuch a quantity only as that it will be ſo thick that you can but juſt row it up, and ſo let it remain a quarter of an hour; then put in another portion of liquor to it, and row it well a ſecond time, for the adding the liquor to the malt gradually will better extract the virtue of the malt; then add the remainder of the liquor: After this let it ſtand two or three hours, more or leſs according to the ſtrength of the wort or difference of the weather, and ſet it a running into the receiver; and afterwards maſh again ſo the ſecond wort, which ought to be ſomewhat cooler than the firſt, and muſt ſtand but half the time: Then add theſe two worts together, and put in the quantity of hops you deſign and the liquor into the copper; to which you ſhould put on a blind head fitted; ſhut up all faſt, that nothing may evaporate, and let it gently boil for the ſpace of an hour or two, according to the goodneſs or badneſs of your menſtruum is; then remove the lid and let the liquor into the receiver and ſtrain the hops from it into the coolers; and then you will have wort wherein the whole virtue of the grain or hop is, let it ſtand till it is fit for barm, and when it has work'd tun it up.

If it be deſign'd for ſmall beer for ſervants, it muſt be maſh'd a third time with liquor almoſt cold, and let to ſtand three quarters of an hour and not longer; then hop it and boil it at diſcretion; and if this liquor be a little auſtere and harſh it may be moderated with a little moloſſes or honey, and being boil'd with hops, wormwood, or any other preſerving herb, it will be an excellent drink.

As for double ale and beer, the two firſt worts are to be uſed inſtead of liquor to maſh again with freſh malt; and then it only extracts the ſweet, friendly balſamick qualities from it, its hunger being partly ſatisfied before; by which means its particles are rendered globular, ſo as to defend themſelves from corruption; for being thus brew'd, it may be tranſported to the *Indies*, and will keep in its full goodneſs, nay it will rather grow richer than otherwiſe; for which reaſon it is neceſſary it ſhould contain three times the

ſtrength

ſtrength of the ſingle beer, if not extraordinary well brew'd will ſoon corrupt, rope, and ſour.

If the firſt wort be deſign'd for ſtrong ale, or *March* or *October* beer, you may allow a buſhel of malt to every five gallons of drink, or 11 of malt to every hogſhead of ale or beer.

But you ought to take notice, that in ſo great diſproportion of malt drink as eight to five, almoſt a third part of your firſt liquor will be abſorb'd by the malt, never to be return'd, and about a ſixth part is to be allow'd for evaporation in boiling; ſo that if you would have a hogſhead or 54 gallons of clear drink from your firſt wort, there muſt be near 90 gallons of liquor be put in your malting tub.

But as for the ſecond or third worts, the malt being wet before, there need be no more liquor put on it, than you intend to have drink; allowing about a tenth part for waſte, that not requiring to be boil'd ſo long as the firſt wort,

And there may of the ſecond wort, be made a hogſhead of good middling beer or ale, as ſtrong as the common ale-houſe drink in *London*: And of the third wort, may be made a hogſhead of good ſmall-beer.

In this caſe, we propoſe the drawing of three worts, becauſe of the great quantity of malt us'd in a ſmall quantity of liquor; but otherwiſe in ordinary brewings, where you aim not to have ſuch very ſtrong drink, ſix or ſeven buſhels of malt, will make a hogſhead of good ſtrong, and another of ſmall-beer; and ſuch brewings, two moaks's or maſhes, will extract the virtue of the malt, as well as three of the other.

The proportion of hops, may be half a pound to a hogſhead of ſtrong ale; and one pound to an hogſhead of ordinary ſtrong beer for preſent ſpending; and two pounds to an hogſhead of *March* or *October* beer; and as for the after-worts which are not to be kept long, the hops of the firſt wort are ſufficient to be boil'd with them.

If a larger proportion of hops be put into the firſt wort, boil'd all the while, they will make the beer too bitter; but you may double the proportion by taking out the firſt parcel when the wort has boil'd half the time you intended it, and then adding the ſame quantity of freſh hops; and boil them till the wort comes out of the copper. So much for the quantities.

As to the putting the Materials together.

Firſt put the liquor into the copper, then ſtrew two or three handfuls of bran or meal to haſten the boiling of it, for otherwiſe the liquor of it ſelf will be the longer before it boil.

But you ought to take your liquor out of the copper when it begins to ſimmer, and not ſuffer it to boil, if it be only to ſave the expence of firing and time, ſince you are not to put it boiling hot into the malt, which would make the malt cake and clot together, and the moſt floury part of it run whitiſh, gluey, and ſizey, which if ſo will never give out its virtue equal to the liquor.

It is the cuſtom of many perſons, firſt to put the malt into the maſh fat, and ſo pour the liquor upon it for the firſt wort, which indeed is neceſſary to be done in the ſecond and third worts; but the contrary practice of putting in the liquor firſt, has the following advantages.

1. You can then gueſs when your liquor is juſt cool enough to be mingled with the malt.

2. In pouring the malt upon the liquor, it remains the longer hot, and the malt ſinks gradually diſtributing the ſtrength to the liquor equally without matting; and if the malt does not deſcend faſt enough of it ſelf, you ſhould preſs it down with your hand or rudder. This ought to be done gradually.

And after the malt is ſettled and the liquor appears above it, you are to put in as much more hot water out of the copper, as will make it up 90 gallons for one hogſhead; and then keep it ſtirring continually in the maſh fat for two hours.

This being done, pull out your rudder and puting a little dry malt on the top, cover it cloſe, and let it ſtand undiſturb'd half an hour, that it may run off clear, and the malt being ſunk to the bottom, the liquor that was at the top will run through it again, and bring away with it the ſtrength of the malt.

After this open your tap-ſtaff, and let out about a gallon not into the tub underneath, or under back which is to receive the wort, but into a bucket or pail, and put it up back again, ſtopping the tap-hole.

This may be done two or three times, till you find it runs clear; throughout the whole courſe of your brewing, you muſt do all you can to promote the clearneſs and fineneſs of the drink.

As to the Fineneſs and Clearneſs of Drink.

Much the beſt drink is made in the north of *England*, and there they take the utmoſt care to make their drink fine; in order thereto, they let their firſt wort ſtand in the receivers till it is very clear; and the groſs parts be ſunk to the bottom; this takes up about three hours in ſummer, and about ten or eleven in winter; which they call blinking: After this, they lade only the clear wort into the copper, leaving the ſediment behind.

When all is run out into the receiver or under back, they lade or pour out the ſecond liquor, order'd ſo, as to be juſt then ready to boil on the moaks: and putting the firſt wort into the copper again; they boil it pretty briſkly, which boiling, the hops being put on, it does much haſten; for about an hour and an half, if it be *March* or *October* beer to be kept long, and an hour for ſtrong ale that is to be drank new.

The wort ought rather to be boil'd moderately faſt for the time, than to ſtand long to ſimmer, that it may waſte the leſs, and it alſo will ferment the better after boiling that time, than ſimmering a longer.

The firſt wort being thus boil'd, is to be pump'd or laded off into one or more coolers, in which the ſuillage is to be left behind, taking care to let none run off but the fine.

The more coolers it runs into, and the ſooner it cools (eſpecially in hot weather) the better the drink will be.

Let it run from the cooling backs into the tun very cool, and ſet it not there to work in ſummer, till it is as cool as water; but in the winter it muſt be near blood warm at the leaſt; the bowl in which the yeaſt is put in order to ſet it a working, muſt have a mixture of wort hot enough to make it all ferment.

When you ſee it begins to work up thick to a yeaſt, mix it again, and when it has wrought it ſelf a ſecond time to a yeaſt, if it be ale and for preſent or ſpeedy drinking, then beat in the yeaſt every five hours for two days together in the ſummer time or more, in the winter, three or four, or according as the weather is, covering the fat cloſe that it fall not in the working tun.

When the yeaſt begins to work ſad, and upon turning of the hollow of the bowl downwards, ſticks faſt to the inſide, cleanſe the reſt into the veſſel, leaving all the dregs in the bottom of the tun, putting up none but what is clear; and after

after it has fermented a few days in the caſk, it will be fine and fit for drinking.

If you brew in *March* or *October*, and hop it for long keeping, you are then upon its ſecond working up to a yeaſt (after you have beaten it in once) to put it up into your veſſel with the yeaſt in it, filling it up ſtill as it works over, and leave a good thick head of yeaſt to ſtop it up, when you ſtop it up.

For *March* and *October* beer it will be requiſite to have large veſſels well bound with iron hoops containing two, three or four hogſheads, if you brew ſo large a quantity; this ſort of drink keeping, digeſting and mellowing beſt, being kept together in large quantities.

If the veſſels be not hoop'd with iron, this *March* beer will be in danger of being ſpoil'd or loſt; to leave the vent peg always open palls it, and if it happen to be faſtened but ſix hours together in the ſummer, a ſudden thunder or ſtormy night, you may perhaps the next morning find an empty veſſel, and a cover'd floor

Some will have it that *March* is the beſt month in the year for brewing; but it has been found by experience, that *October* being ſucceeded by ſo many cold months to digeſt it in, proves the better drink by much, and does not require ſo much watching and tending as *March* beer does, in opening and ſtopping the vent-hole on every change of weather.

As to beer of five or ten or more years old, it is true, more malt and hops as has been before propoſed, will keep drink but to ſmall purpoſe; *March* beer broach'd at *Chriſtmas*, and *October*, at *Midſummer*, are generally at the beſt; but will keep very well in bottles a year or more; but the bung-hole ought to be ſtopt cloſe, not with clay but with cork, and let there be a little vent-hole ſtopt with a ſpile near the bung-hole; which ſhould never be pull'd out but when a quantity is drawn off together.

And by being kept ſo cloſe ſtopt, it will fluſh violently out of of the cock for about a quart, and then ſtop on a ſudden, and pearl and ſmile in a glaſs like bottled beer, altho' it be in winter.

But if the vent-peg be once pull'd out to draw a quantity, it will loſe its briſkneſs and be ſome time before it recover it.

It is imagin'd that the Reaſon why common brewers ſeldom brew good drink, is the under boiling of their ſtrong worts, therefore to remedy this, ſome have boil'd it three hours, without

without any advantage but to their detriment, which is three times as long as is requiſite; but the chief reaſon is, that they wet more malt at once than they have veſſels and ſervants to work it well, and ſet it cool enough to ferment kindly: and beſides brew ſo often, that they have not ſufficient time to cleanſe and ſcald their brewing veſſels and barrels, and allow them due time to dry; but that they retain ſuch a reſtineſs, that they will ſpoil and ſour the drink.

A good ſort of drink may be made not only from malt, but it may be alſo made from *Moloſſes* in the manner following.

The liquor is to be prepar'd in the ſame manner as for brewing beer, and eighteen or twenty gallons of liquor to half an hundred of moloſſes, which are to be put in, and ſtirr'd well together till they are ſufficiently incorporated.

Thus it is to be put into the copper, with a pound and an half of *Lignum Vitæ*, half a pound of dry'd *Balm*, and two ounces of *Nutmegs*, *Cloves* and *Cinnamon*, all together; then clap on a blind-head, lute it well, and let it digeſt 24 hours; then let it run into its receiver, and when it is fit to be ſet to work, put in the yeaſt, and let it ſtand and work thoroughly; and when it is to be tunn'd up ſuffer it to have age to mellow and become briſk to drink, and it will be excellent liquor; and wholſome.

Drink alſo may be brew'd of *Buck Wheat*, *Oats*, and a ſmall quantity of *Beans* mixt with *Malt*, will not be amiſs; but if with too great a quantity, it will give the drink a ſmack.

Some perſons for want of yeaſt to ferment drink, have uſed flour and eggs, others caſtle ſoap; but the true eſſential oil of barley will do the buſineſs effectually, ſo that there will be no want of ferment at any time, that being always to be had.

The quinteſſence of malt is not to be ſlighted, nor the quinteſſence of wine; but more eſpecially that call'd *Sal Paraniſſus* above all ſupplies the deficiency of yeaſt in all and every part thereof, if rightly uſed.

As for the orderings Veſſels for preſerving Beer.

They ought not at one time to be ſcalded, and at another time waſh'd with cold water, for that is the direct way to make the beer have a twang of the veſſel; for the ſcaldnig the veſſel, does not ſo much waſh away the ſmell of the tilts and grounds, as it ſtirs up the grumous reſinous and

oily part of the wood in the external parts; and as that finds ſomething to operate with, it muſt be doing, and gives it an hidden ferment, and cauſes the beer to receive the effects of the twang.

This they are ſeldom ſenſible of in *Holland*, their way of cleanſing their barrels, is to take out one head, and ſo take them to a river to waſh them well with a broom, and then to rub every chink with a bruſh, and then ſet them an end to drain.

Others rub them with hop leaves that come out of the wort and then rinſe them, ſet them in the air to dry, and head them again; then they take a long piece of canvas, and dipping it in brimſtone make matches, and with a few coriander ſeeds ſet fire to it, and opening the bung let the match burn into the veſſel, keeping in as much as they can of the ſulphurous flame by laying the bung lightly on, and when the match is burnt they ſtop it cloſe for a little time; and when it is open'd, and the air let in, the caſk is as ſweet as a violet.

BREWING. If you would brew ale or beer to keep long and good, you ought to brew it in winter: Becauſe in the firſt place, the water is not ſo much rarefied by the rays of light and heat, therefore not ſo fit to inſinuate it ſelf into, attenuate, diſſolve, and bring forth the fine parts and oil of the grain; and for that reaſon you will be under a neceſſity of uſing, either a greater quantity of malt or leſs water in winter than in ſummer.

For notwithſtanding the warmth of the water with which you maſh your malt, may ſeem to make amends for this rarefaction, yet it is to be conſidered, that the parts of the malt, eſpecially its fine oil and ſpirit (which are what is expected, ſhould be communicated to the water) are more condenſed and locked up during the time of an intenſe cold, than in warmer weather, when the air is more rarefied; and ſo of conſequence the air in the grain, bears a proportion with the circumambient air.

And beſides the leak liquor thrown on afterwards, is either over-boil'd; by which means its fineſt and ſofteſt parts are exhal'd: hence it cannot open or ſoften the malt ſo much; or if it be cold it conſtringes the body of the grain, and ſhuts up the fine parts which the warmth hath begun to diſſolve and ſet at liberty.

Secondly.

Secondly. The vegetable exhalations are ſhut up during the winter and ſuffered freely to evaporate or diffuſe themſelves in the air.

Thirdly. The air or atmoſphere is too heavy in winter. The ſummer is a very improper time for brewing good keeping ale or beer: For altho' the water be rarefied by the light and heat, and the air lighter and loaden with vegetable exhalations; yet is the atmoſphere ſo light and rarefied for a regular fermentation, which will riſe too high and cauſe the ſpirits of the liquor to exhale; the ale muſt continue turbid, and will ſoon turn flat and vapid.

Therefore, ſpring and autumn muſt neceſſarily be the moſt proper times for brewing: for malt brewed alone in ſummer, is ſo diſpoſed to run into a violent fermentation, that there is a neceſſity of mixing ſome crude barley or other grain with it, ground down to a coarſe meal, to check the too violent diſpoſition of the malt to fermentation, otherwiſe its vinous ſpirits would exhale and be loſt in the fermentation to the prejudice of the ale. But by brewing in winter, the expence of the mixing of ground barley with the malt may be ſaved.

Of BREWING *in order to* DISTILLATION.

Firſt heat the water a little more than blood warm, and having put the malt into a maſhing-tub, put to it juſt liquor enough to wet it; then ſtir it and row it ſtiffly, employing as many hands as are requiſite for the quantity for half an hour together, till it is all equally mixt; when you have done this, add to it what quantity of liquor you think fit; but the thicker the maſhing is, the better it will be; then ſtrew it over with a little freſh malt, and let it ſtand for an hour and a quarter or thereabouts, then let it off into the receivers, and maſh it again with freſh liquor and let it ſtand about an hour, rowing it as before, ſo a third time.

Some indeed do maſh a fourth time; but then it muſt not ſtand above half an hour; but three times is enough.

Some perſons boil the liquor, and let let it cool again: every wort that comes in, is pump'd up out of the under back into the cooler there to cool, and then from the cooler into the waſh backs, and there they remain till the three worts come together. But here you muſt obſerve, that this is neither hopp'd nor boil'd as for beer.

When the liquors are down in the backs in a proper coolneſs and fit to be ſet, there muſt be put to it a ſufficient quantity of yeaſt to work it well, as is done for ale, and as the yeaſt riſes, beat it down again and keep it all in, and let it work ſo for three, four or five days, according to the ſeaſon of the year, and temperament of your back; for a back of waſh either too hot or too cold ſet, may eaſily be helped, by adding cold or hot liquor.

The time when the waſhes are come, being exactly known, the thick yeaſt may be taken off to ſet other backs with.

It works it ſelf down flat, and then the thick yeaſt will ſtick to the bottom, and what lies a top will be a hoary or yeaſty head, and here you muſt take notice, that the waſh muſt be neither ſour nor ſweet, but in a medium between both; for in this ſtate it will be moſt profit to the diſtiller.

The manner of working the liquor into low Wines and Proof Spirits.

Pump the liquor out of the waſh-back into the ſtill, till it is fill'd as high as the upper nails, or thereabouts; and care muſt be taken in the pumping it up, that a perſon at the ſame time row all up together, ſo that that in the bottom may come into the ſtill thick and thin; but the noſe of it is not yet to be put into the worm.

A good fire muſt be made under it at firſt to make it boil, and thus a great part of the *Gaſs* will go off as much as poſſibly can without decoction.

Then as ſoon as the beak begins to drop, the noſe is to be put into the worm, and luted well with a paſte made of whiting and dry flour.

When the ſtill has been brought to work, if it ſhould run too faſt, the ſtill muſt be immediately damp'd with wet coals or aſhes.

And after this manner they proceed to the firſt extraction of low wines.

Here you may take notice, that ſome malt will run off one cann, nay two or three of proof ſpirits, and then it generally runs long; others will not run at the beginning ſo fully proof, yet it will yield indifferently well.

The low wines being thus diſtill'd, are ſuffered to lie 10 or 14 days to inrich themſelves; then they proceed to a ſecond extraction into proof goods, and ſo on to a third rectification.

General

General Directions for BREWING OCTOBER BEER

1. Take care that the *malt* be ſound and good, and ſuch as has lain two months in the heap after it has been malted, that it may become of ſuch a temper, that the kernel may melt readily in the maſhing.

2. The well dreſſing of the *malt* ought to be one chief care, for unleſs it be freed from the tails and duſt, the drink will not to be ſo fine and mellow as it will when the malt has been dreſs'd.

3. Again regard ought to be had to the grinding of the malt, according as it has been dry'd high or low; for if it be high dry'd, then a groſs grinding will be beſt, otherwiſe it may be ground ſmaller; for the care in grinding conſiſts in this, leſt too much of the huſk being ground ſmall ſhould mix with the liquor, which will make a groſs dreg, and of conſequence the drink will have no fierce fermentation, and by that means it will become acid, or what is called ſtale.

4. After the malt is ground, let it ſtand in the ſacks 24 hours at leaſt, to the end that the heat in grinding may be allay'd, it being ſuppoſed that by ſo ſtanding the kernel will diſſolve the more eaſily.

5. Let the quantity of hops and malt for three hogſheads of beer be five quarters of malt, and 18 pound of hops and the malt be pale dry'd, than allow three or four pound more of hops.

6. The next thing is the *Liquor*, the choice of which is of conſiderable advantage in brewing good drink, the ſofteſt and cleaneſt to be preferr'd; haſh water not being to be made uſe of.

7. Boil the firſt liquor, with a handful or two of hops, and before you ſtrike it over with the goods or malt, cool in it as much liquor, as will bring it to a temper, not to ſcald the malt, for it is an error not to take the liquor as high as poſſible, but ſo as not to ſcald the malt.

8. The next liquor do the ſame; and indeed all liquors ought to be taken as high as may be, ſo as not to ſcald.

9. When the wort is let from the malt into the underback, put to it a handful or two of hops, it will preſerve it from that accident which brewers call *blinking* or *Foxing*.

10. In boiling worts, boil the firſt wort high or quick; for the quicker the firſt wort is boil'd the better it is.

11. Boil the ſecond more than the firſt, and the third more than the ſecond.

12. In cooling the worts lay them thin, and let each be well cool'd, and take care to let them down into the tun leiſurely, that as little of the ſediment or feeces (which cauſes the fermentation to be fierce or mild) may come with the worts.

13. Take notice, that there are in all fermented liquors a ſalt and ſulphur, and ſo keep theſe two bodies in a due proportion; that the ſalt does not exhale it ſelf above the ſulphur, conſiſts a great part of the art of brewing.

14. When your wort is firſt let down into the tun, put a little yeaſt to it, ſuffering it to work by degrees quietly; and if you find it to work moderately, whip in the yeaſt two or three times or more, till you perceive the drink has been well fermented; for without the body be fully opened by fermentation, it will not be perfectly fine, nor will it drink clean and light.

15. In cleanſing, let it be done by a cock from the tun, place'd 6 inches from the bottom, to the end, that the greateſt part of the ſediment may be left behind, which ſediment may be thrown on the malt to mend the ſmall-beer.

16. When you tun your drink fill your veſſel full, and let it work out at the bung-hole, keeping a reſerve in a ſmall caſk to fill it up; and not put any of the drink that will be under the yeaſt, after it is work'd over into the veſſel; but put it up by it ſelf in another caſk, for it will not be ſo good as your other drink in the caſk.

17. Having done this, wait for the end of the fermentation, then ſtop it up cloſe, and let it ſtand till the ſpring of the year; for if it be brewed in *October* (as it ought to be) it will have time to ſettle and digeſt all the winter ſeaſon.

18. In the ſpring of the year the vent-hole ought to be unſtopp'd, that you know whether the drink ferments or not; for as ſoon as the weather grows warm the drink will ferment again, which fermentation when it is over, ſtop it up well again, and let it ſtand till the *September* following, but not longer; then peg it, and if you find it pretty fine, the hop well rotted, and of a good pleaſant taſte for drinking.

19. Then and not before, draw out a gallon of it; and put to it two ounces of iſinglaſs, cut ſmall and well beaten that it may melt, ſtirring it often, and whipping it with a whiſk, till the iſinglaſs is melted, than ſtrain it, and put it into the veſſel, and ſtir it well together, then ſtop the bung, but do it but ſlightly, for this will cauſe a new but ſmall fermentation, which when it is over ſtop it cloſe, leaving a vent-

vent-hole a little ſtopp'd, let it ſtand. and in ten days or a little more it will be tranſparently fine, and you may drink of it out of the veſſel till you have drawn off two third parts, and then bottle the reſt, which will in a little time drink very well.

20. If the drink be well condition'd for taſte, but not fine in *September*, and you would drink it preſently, rack it off before you put the iſinglaſs to it, and then it will fine the better and drink the clearer.

A Preſcription to make BEER, *&c. fine quickly.*

Separate the liquor from the feeces, when you let your wort out of the tun into the under-back, which may be done in the following manner.

When the wort is let out of the tun into the under-back, catch the wort in ſome tub ſo long and ſo often, as you find it run foul; then put that you ſo catch'd on the malt again, and repeat this till the wort run clear into the under-back, this is a very good way, for it is the feeces which cauſe the fierce and violent fermentation, and the hindering the coming of them with the wort is in ſome meaſure the way to have fine drink

Take notice of this, that the finer you render your wort the ſooner will the drink be fine.

Some that have been very curious in brewing, have cauſed flanels to be plac'd, that all the wort has run through one or more of them into the tun before working, by which method the drink was rendered both very fine, and well taſted.

BROOM, is of a provoking and ſubtilizing quality, and though it is injurious to the heart and ſtomach yet the water diſtill'd from the flowers is good for the ſtone; and the ſeed of it pounded and drunk to the quantity of half a dram. and corrected with *Fennel* or *Anniſeed*, (that it may not be prejudicial to any parts of the body) it will work upwards and downwards; and not only bring away phlegm, but alſo the ſuperfluous humours of the reins.

For a BRUISE.

Make a poultiſe of bran and urine, and apply it as hot as you can bear; if it be very bad repeat it as it cools, and

do it as ſoon after the hurt as you can, to prevent its ſwelling which the air is apt to cauſe.

A Drink for an inward BRUISE.

Take *Agrimony*, *Avens*, *Bonewort*, *Wood Betony*, *Bramble Buds*, *Bugloſs*, *Comfrey*, *Cinqueſoil*, *Daſy Roots*, *Dandelion*, *Hawthorn Buds*, *Wild Honey-ſuckle*, *Sanicle*, *Scabious*, *Rib-wort*, of each one handful; to theſe put two quarts of white wine, and four quarts of runing water, and boil all till the half be conſumed; then ſtrain it, and add to it a quart of honey, let it boil again for ſome time, ſet it to cool, and then bottle it, cork it cloſe and keep it for uſe. The doſe is two or three ſpoonfuls in the morning. This is good for ſores, wounds and hurts new or old, in men, women or children.

It will keep many years, and is neceſſary for all families.

An Oil for a BRUISE.

Take the tender tops of *Bay-tree*, *Red Sage*, *Lavender*, *Wormwood*, *Plantane*, *Rue*, *Tormentile*, *Scabious*, *Comfrey*, *Broom*, *Oſmond-royal*, *Cammomile*, *Charity*, *Rape*, *Southernwood*, *St. John's wort*, *Roſemary*, *Solomon's-Seal*, *Adder's-ſpear*, *Amber*, *Herb Robert*, *Golden Rod*, *Ground Sanicle* and *Bugle*, of each one handful; ſhred all theſe very ſmall, and infuſe them in a quart of oil olive, and three pints of neat oil; put them into a glaſs veſſel, ſtop them cloſe, and let them infuſe for ten or twelve days in the heat of the ſun; ſtir them every night when you take them in: Afterwards boil it over a gentle fire, till the oil become green; then ſtrain it off from the herbs, and add to the oil about half a handful of the herbs as before, ſhred, with an ounce of the oil of turpentine, one ounce of natural balſam, and an ounce of oil of worms, digeſt all in the ſun as before; boil and ſtrain it, and keep it cloſe ſtopt for uſe.

N. B. This muſt be made in *May*.

BUGLE. If this plant be taken in ſome liquid it will draw the blood out of the veſſels, and is good for all inward ruptures; the juice is excellently good for all ulcers in the mouth and gums.

BUGLOSS, is in quality much like borage, but ſomething more aſtringent; the flowers of both, with the intire plant, are greatly reſtorative, being preſerv'd

BUGS, *to kill.*

Take of the higheſt rectified ſpirit of wine (*viz.* lamp ſpirits) that will burn all away dry, and not leave the leaſt moiſture behind, half a pint; newly diſtill'd oil or ſpirit of *Turpentine*, half a pint; mix them together, then take half an ounce of *Camphire*, and break it into little bits, put this into the ſpirits, *&c*, and it will diſſolve in a few minutes; ſhake them well together, and with a piece of ſpunge or a bruſh dipt in ſome of it, waſh well the bedſtead or furniture in which thoſe vermin harbour and breed, and it will infallibly kill and deſtroy both them and their knits, altho' they ſwarm never ſo much,

But then the bed and furniture muſt be well and thoroughly wet with it (having firſt bruſh'd the duſt off them very clean, and they have been well ſhaken) and then it will neither ſtain, ſoil, or in the leaſt hurt the fineſt ſilk or damaſk bed that is.

The ingredients here preſcrib'd will not coſt more than a ſhilling, and will be ſufficient to clear any one bed of bugs, tho' it ſwarm never ſo much with them.

If you drop but one drop of this upon the largeſt live bug, you will ſee it dead in an inſtant.

And if any bug or bugs ſhould appear after the uſing of it, it will only be for any part of the lacing about it having not been well wetted or ſome of the foldings, linings or tapes of the curtains, near the rings, or ſome of the joints or holes in and about the bedſtead or head-board, *&c.* in which the bugs neſtle and breed, and then if you wet ſuch places well over again with the ſame liquor, pouring ſome of it into the joints and holes where the bruſh cannot reach, will not fail abſolutely to deſtroy them all, and the liquor dries in as faſt as it is put on.

Indeed ſome beds that have much wooden work, as carving, *&c.* about them, cannot be well cured without being taken down; but others that can be drawn out, or that you can well get behind, may.

As to the ſmell this mixture occaſions, it will be all gone in two or three days time, which yet is very wholeſome, and to many perſons agreeable enough.

Remember when you uſe the mixture to ſhake it well together, and uſe it in the day time and not by candle-

light,

light, leaſt the ſubtlety of the mixture ſhould catch the flame as you are uſing it and cauſe damage.

Several Ways to deſtroy BUGS.

1. Take oil of turpentine, and with a ſmall bruſh waſh over the bed-ſtead, and all nail holes, chinks, *&c.* and it will immediately kill both bugs and knits.

2. Paint the bedſtead over with *Verdegreaſe*, ground in *Linſeed* and *Turpentine* oil, and the bugs will not harbour in it.

3. Take common oil and water, in which boil *Wormwood* and *Rue*, till the water is conſumed; then ſtrain it and mix with it a good quantity of greaſe, of which making an ointment, rub with it the chinks and joints of the bedſtead.

4. Take *Cyprus* galls, pound them and infuſe them in oil, covering them with it two fingers thick, ſet it out in the ſun and air for 48 hours; then ſtrain out the oil, and preſſing the galls very hard, rub your bedſtead with it.

5. Take ox gall and hemp oil; mix them together, and rub the joints and bedſtead with it, and the bugs will never come near the places you have rubb'd.

6. Take black ſoap and common ſoap in equal quantities, pound them well, then add an equal quantity of quick-ſilver; mix them well together, making them into an ointment, and with it rub the places where the bugs frequent.

Take a good quantity of the juice of *Wormwood*, and oil of *Olives*; boil them together till all the juice is conſumed; then ſtrain the oil, and mix ſome quick *Sulphur*, and rub the bedſtead and chinks with it.

To preſerve BULLACE.

Take bullace, before the froſt hath ſiezed them; let them be freſh gathered and clear fruit, ſcald them in water, then weigh them, and take their weight in fine ſugar and a little water, and boil it to a ſyrup; then put in your bullace and boil them till the ſyrup is very thick, and the fruit is clear; then put them up in gallipots or glaſſes and cover them.

BURDOCK *the larger*, is of a diaphoretick and deterſive quality; and ſomewhat aſtringent, from whence it comes to paſs that the ſame is vulnerary: it is given in aſthma's, the ſtone, ſpitting of blood, ſwelling of the ſpleen and other parts, as alſo inveterate ulcers; the ſeed of it is accounted an excellent *Lithontriptick*.

The

The leaves are apply'd to old wounds, to diſlocated joints and burns; they are alſo uſed in inflammations of the legs, proceeding from St, *Anthony*'s fire, to draw out the heat.

The root is accounted a *Diaphoretick* and an *Antipleuretick*. It is to be cut into ſlices to be boiled, and the decoction has the ſame effect as *Squine* and *Sarſaparilla*.

BURDOCK *the leſſer*, is diſcuſſive, the leaves are us'd outwardly to take out the fire of an inflamed cancer; and its root is good for diſcuſſing the piles, and all ſorts of tumours.

For a BURN, *an Ointment.*

Take *Houſe-leek*, *Green Elder*, and ſmooth *Plantane* leaves, of each half a pound, the eighth part of a pint of wine, vinegar, and a ſpoonful and a half of urine; two ounces of old tallow candle, and a pint and a half of olive oil; boil all theſe together for two or three hours, keeping them continually ſtirring with a ſtick; then ſtrain it through a new canvas ſtrainer, and ſet it on the fire again, adding two ounces of yellow bees wax, ſliced thin; let it boil for half an hour, and then pour it into pots, and tie it cloſe down with bladders, and it will keep ſeveral years.

When you have occaſion to uſe it, rub a piece of white paper till it is ſoft, then ſpread it over with this ointment, and anoint the burn with the ointment, firſt with a feather, and lay the paper over it.

Let this be repeated morning and evening, till the burn is quite well. It will take out the fire, and give eaſe in a quarter of an hour, ſkin over the wound; and you need not, nor ſhould not uſe any thing elſe.

To take the Fire out of a BURN.

Take an apple, pare it, core it, and pound it well with ſallad oil, till it is a pretty ſoft poultice; bind it on the part, and as it dries lay on freſh.

If the ſkin be off, nothing is better than this.

BUSTARD, is at preſent only a wild fowl, and is only found upon large heaths or plains, it is a moſt noble bird, and may certainly be bred tame about the farm, with leſs trouble than the common turkeys; their eggs have been often found, and may be ſet under turkeys, and be allow'd to run at liberty as ſoon as they are hatch'd.

Or elſe they may be fed with rotten eggs boil'd hard, and chopp'd ſmall, like young pheaſants, but they ought to be pinioned as ſoon as they have gain'd a little ſtrength, leſt they fly away.

How this may be done, ſee the article PHEASANT.

Some affirm that the croſs ſtrain, between the turkey and the *Virginian* buſtard, are at liberty to fly and breed in a gentleman's park.

Theſe buſtards may likewiſe be caponiz'd, as well as turkeys, to make them larger; the beſt time to do which will be a little after harveſt.

Buſtards are common in the plains of *Norfolk*, *Cambridgeſhire*, *Salisbury* plain, and upon the *Downs*, and their eggs may be found in *April*.

BUTTER. For the making of it; when it has been churn'd and gathered well together in the churn, open the churn, and let the houſewife with both hands gather it well together, and take it out of the butter milk, and lay it into a very clean bowl or earthen pan, ſweetened for that Purpoſe; and if the butter be deſign'd to be ſpent ſweet and freſh, fill the pan with very clean water, and work the butter very well in it with the hand, turning and toſſing it to and fro, till by that labouring all the butter-milk is beaten and waſh'd out, and the butter is brought to a firm ſubſtance of it ſelf without any moiſture.

When this has been done, the butter is to be taken out of the Water and ſcotch'd and ſlic'd over with the point of a knife, every way as thick as you poſſibly can, not leaving any part through which the knife has not paſs'd; this is to be done to fetch out the ſmalleſt hair, mote, bit of a rag, ſtrainer, or any other thing that may have happen'd to fall into it.

Then ſpread the butter thin in a bowl, and take ſuch a quantity of ſalt as you think fit; but if it be for ſweet butter, but a very little, and ſprinkle it on the butter, and then with the hand work it very well together, and make it up into diſhes, pounds, half pounds, or what quantities and forms you pleaſe.

For the Powdering or Potting of BUTTER.

The butter-milk in freſh butter muſt not by any means be waſh'd out with water; only work'd clear with the hands, for water will make it ruſty or reeſy.

When

When this has been done, the butter muſt be weigh'd, that you may know how many pounds there is of it; becauſe if this be done after it is ſalted, you will find your ſelf much deceiv'd in the weight; then open the butter, and ſalt it very well and thoroughly, beating it with your hand, till it be generally diſperſed through the whole maſs of butter.

Afterwards take clean earthen pots very well glazed, leaſt the brine ſhould leak through them, and lay ſalt in the bottom of it, then put in the butter, preſſing it cloſe down with your hands, and when you have fill'd the pot, cover the top with ſalt, ſo that no butter may be ſeen; cloſe up the pot, and ſet it where it may ſtand cool.

But if the dairy be ſo ſmall, that you cannot fill up the pot at once, then having potted up what you have, cover the butter over with ſalt, and the next time you churn lay in more, as before, till the pot is full.

But in large dairies, where the quantity of butter is too much to be contain'd in pots, then you muſt put it in barrels that are very cloſe and well made, and ſalt the butter very well, as before, and fill the barrels, and with a ſmall clean ſtick, make holes in it, down through the butter, even to the bottom of the barrels; then having made a ſtrong brine of ſalt and water, ſo that it will bear an egg, which muſt be well boil'd, ſcummed and be let ſtand till it is cold, pour it on the top of the butter, till it ſwims upon it, and ſo leave it to ſettle.

Some boil a branch of roſemary in the brine, and that is not amiſs, but wholeſom and pleaſant: But tho' butter may be potted at any time between *May* and *September*, yet the beſt ſeaſon of all is *May*, the air being then moſt temperate, the butter will take ſalt the beſt, and will be the leaſt ſubject to reeſings.

There is butter of different colours and ſeaſons; the yellow, which is naturally of that colour, is accounted the beſt, but as for that which is tinged with *eel pouts*, it not only deceives the ſight, but is very often diſagreeable to the taſte.

It is eaſy for thoſe that deal in butter, to diſtinguiſh the butter that is of a natural yellow colour, from that which is made ſo by art; the latter being of a deeper colour than the other. There is alſo butter of a pale yellow, that is not bad, but not ſo good as the other.

Butter of a white colour is neither ſo well taſted, nor ſo profitable as the other, *May Butter* is that which has always the beſt taſte, and is moſt in eſteem.

BUTTER. In *Cambridgeſhire*, when the butter is *come*, they take it out and waſh it, if it be for preſent uſe, otherwiſe not, and with a fleeting diſh draw it backwards and forwards in a bowl, a little at a time, to let out the butter-milk; and by how much the cleaner that is got out, by ſo much the better the butter will be; then they ſalt it, allowing about a pint of ſalt to 15 pound; but ſome put more, and ſome leſs; and having ſalted it, they draw it over again with a fleeting diſh, once or twice, and then weigh it into pounds, and roll it into long rolls of three quarters of a yard long, or more, then if it be hot weather, they put it into a baſket, and hang it all night in a well, within a yard or yard and half of the water; which renders it ſtiff; and in theſe long rolls it is carried to market, to be cut out in ſuch ſizes as is thought proper.

Some have made their butter into balls, of 30 or 40 pound weight, and ſalt it a little more than for freſh butter, and this they have laid in the middle of a bin of flour, and it has kept good all the winter.

Some churn new milk, which makes the beſt butter, but it will not keep. If ſalt butter be well waſh'd and then beaten up with new milk, it will taſte like freſh butter.

You muſt take notice of this, that ſome grounds will never produce good butter, and others again will not produce good cheeſe, altho' the dairy ſhould be manag'd never ſo well.

There is one ſort of cattle, which tho' they be fed in the fineſt ſort of graſs, and the beſt paſture, will never yield a rich milk; and on the other hand, others will yield a rich milk in any paſture.

Again, if the cows feed upon *Crow Garlick*, *Alliaria* or *Saxifrage*, the butter will be ill taſted.

If the cows feed upon ſhort, fine graſs, there will be more cream in the milk, than if they fed upon long rank graſs; indeed the long rank graſs will yield more milk than the ſhort, but leſs butter, and worſe too.

Again, the milk of one cow will give richer and better butter than the milk of others, tho' they all feed on the ſame paſture, ſo that the milk of one cow will inrich the butter made from the milk of 9 or 10 cows; the 9 cows will produce only a pale, lean butter, while the milk of the other cow will make a butter of a rich yellow colour.

In many places in *England*, it is the cuſtom to ſet milk in braſs pans, which gives an ill taſte to the milk, and ſome again ſet the cream in braſs kettles over the fire, and as it warms, ſtroke the butter as it riſes to the edges of the kettle;

tle; this is a very bad way; becauſe the braſs will without doubt, ſpoil the taſte of the cream.

The beſt and ſureſt way is to ſet the milk in glaz'd earthen pans, or elſe in leaden ones; tho' the earthen ones are to be preferr'd before thoſe of lead.

A dairy ought to be kept very cool, eſpecially in hot weather, which will very much contribute to the advantage of the butter.

Some have ſtreams of water running through the dairies; and inſtead of glaſs windows, have had no lights at all to them; but through wires and ſhutters to them, to be opened or ſhut as the ſun chang'd his courſe.

Thatching alſo is a much cooler covering than tileing: in ſome parts of *England* they ſcarce know the uſe of the churn, tho' that is certainly the beſt way of making butter, than by that means, or ſomething equivalent to it, that is by beating the cream, ſo that the oily or fat parts ſeparate from the watery parts, in the moſt conſtant and gentle way that is poſſible; for to uſe this beating of the cream too violently, will make the butter like greaſe; whereas a gentle beating of the cream, will render it more firm and ſtiff; and when the cream is beaten with too much hurry, the butter will ferment, and have a very bad taſte; but if it be gently beat or churn'd, it will be firm and keep the better.

And whereas the intent of churning or beating of cream, is only to ſeparate the oily from the watery parts, ſo when once the churning or the beating of the butter is begun, it muſt be continued in the moſt conſtant manner that can be, till the butter is made.

For if the cream had been churn'd or beaten perhaps within three or four minutes of its becoming butter, if the work be left off but one minute, the oily and watery parts would return to one another again, and would require as much labour as before to ſeparate them; it is like oil and vinegar that has been mix'd by labour, and then let reſt for a minute or two, they will divide and ſeparate from one another, as much as if they had never been mix'd; but yet the beating of it too violently, will make the butter oily. Nay, the very beating of cream with a ſpoon in a ſmall bowl will bring it to butter.

In great dairies in *Holland*, where one farmer keeps 4 or 500 cows, they put the cream into a large well, lin'd with lead, and having a large beam ſet with croſs bars, which is turn'd in the cream by a horſe; but the violence of the motion renders the butter rather like oil than butter, and the conſe-

conſequence is, that it will not keep long, and as it is reported, will not melt well; nothing like the butter that is churn'd by more gentle means.

Where butter is churn'd with a gentle motion, it will cut like wax, and it ſhould eſpecially be well wrought with the hands, as ſoon as it is taken out of the churn and ſalted for common uſe; for if the milk be not well work'd out of it, it will not keep.

But if butter does begin to decay in goodneſs or change to an ill taſte, if it be work'd well and waſh'd in water, it will come to it ſelf again, and will bear ſalting and potting as well as freſh butter; but it ought to be remembred that different ſorts of butters, muſt not be put together into the ſame pot or veſſel.

Again, butter that was good originally, and well potted, may be waſh'd and beaten in the winter, ſo as to be made more ſweet and palatable than freſh butter, made in many places at that time of the year, and this is frequently practiſed about *London*.

It is worth notice, that the beſt managers of a dairy frequently fill up their churns with cold water, before they put in the cream in the heat of the ſummer, for fear of overheating the butter in the making; and in the winter they heat their churns with warm water before they uſe them; but if the churn be over heated it ſpoils the butter; the beſt is to ſet the bettom of the churn in warm water, when the weather is cold, to ſave trouble.

To recover BUTTER, *turn'd to Oil.*

Pour the oiled butter into a porringer, let it ſtand a little, while you melt a little freſh, and as ſoon as it is liquid, pour into it by gentle degrees, at times, ſome of the butter that was oil'd before; keeping the ſauce-pan continually ſhaking all the time; and if you find it difficult to be recovered, pour in a little milk, and ſhake them together, and it will recover.

If the ſauce-pan be very thin at bottom, it will be apt to oil the butter.

BUTTER MILK. The milk that remains after the butter is come by churning. Of this may curds be made in the manner following. Put it into a clean earthen veſſel, larger than will hold it, and having ſet a third part of the quantity of new milk on the fire, when it is ready to riſe take it off, let it cool a little, and then pour it into the butter-milk, ſtir

it

ſt about and let it ſtand; when you have a mind to uſe the curds (for the longer it ſtands, the better the curds will eat) take them out with a fine ſkimmer, put them into a cullender, and let them be drain'd from the whey. They may be eaten either with cream, wine, ale or beer.

As for the whey, that muſt be kept in a clean ſtone veſſel, and is an excellent cooling, wholeſom drink, to be drank in the ſummer time inſtead of other drink, and will quench thirſt better than beer.

BUTTER-BUR. The root of this plant is eſteem'd a ſingular remedy againſt the plague, by reaſon of its deſiccative vertue; for being dry'd, reduc'd to powder and drank in wine, it expels all venom from the heart, by cauſing a plentiful ſweating.

For this purpoſe, the bark or rind is to be cut off, and the core of the roots ſteep'd in vinegar, and a drink is made of this vinegar, or it may be mix'd with the juice of rue and treacle, and given in peſtilential fevers.

The powder of this root drank in wine, is very good for the ſuffocation of the matrix and the gripes.

This powder will alſo kill worms, cure malignant ulcers, ſcurf, kibes, *&c.* being taken inwardly or outwardly, either in its juice or decoction.

To make Spaniſh BUTTER.

Boil a gallon of milk, and while it is boiling, put in a pint of cream; let it boil afterwards, then put it in two broad pans or trays, letting it ſtand for two or three days; then take the cream off into a ſilver or wooden bowl, and put to it a ſpoonful of orange-flower-water, with a perfum'd paſtel or two melted in it, and ſweeten it a little with ſifted ſugar. Then beat it either with a wooden beater or ſilver ladle, till it is ſtiff enough to lie as high as you would have it.

Take care to beat it all one way, not changing your hand.

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CABBAGE. Authors ſay, that if cabbage be eaten but too little boil'd, it renders the body open and laxative; but that if it is much boil'd, coſtive; if eaten raw before ſupper with vinegar, it will prevent drunkenneſs; if eaten after the injurious effects of wine; but ſome again ſay,

That cabbage is injurious to the teeth, gums, and eyeſight, cauſes a ſtinking breath, *&c.* but that it is leſs injurious when eaten boil'd, if after it has been boil'd in one water, is preſently put into ſome other hot water, or into meat broth with *Fennel*, *Pepper*, *Cinnamon* or *Coriander* ſeed.

Red cabbage alſo eaten with butter or oil without ſalt, is good to open the body, ripen a cold, and mend the voice; and if a little ſugar be added to this broth it is good for *Aſthmas* and other diſtempers of the lungs.

Cabbage ſeed in broth, is good againſt worms in Children.

Cabbage ſtrew'd over with long pepper and eaten with ſome good broth, much increaſes nurſes milk.

The juice of cabbage being drank reſiſts poiſon, proceeding from the eating of muſhroom's.

The pith of cabbage boil'd with almonds, and mix'd with clarified honey, and uſed in the form of a ſyrup, is good for ſhortneſs of breath,

A CABAGE *Pudding.*

Take a piece of boil'd beef that is not boil'd enough, that part of it which is leaſt done, and chop it ſmall, and take the ſame quantity of boil'd cabbage as you have of meat, and chop that as ſmall as the beef, add two or three eggs beaten; ſeaſon the whole with ſalt and pepper. and whatever other ſeaſoning you like, mix all together in the manner of forc'd meat, then put the the mixture in a linnen cloth, and boil it till it is enough, which for time muſt be according to the ſize of the pudding, the quantity of a half quartern loaf may require an hour, then ſerve it up to table.

This is better made with raw ſalt beef, makes an extraordinary paſte, and is much ſofter and fuller of gravy.

A good SEED CAKE.

Dry a qurter of a peck of flour before the fire, with 12 ounces of ſugar; pound four ounces of almonds, with two ſpoonfuls of orange-flower-water, mix theſe with the flour and ſugar; then add a pound and a half of butter, rub in one half dry, and melt the other in a pint of cream; but before you mix it, put in a pint of good ale yeaſt to half a pint of ſack, and let it be before the fire to riſe, let the butter and cream but juſt melt over a gentle fire, and when it is pretty cool make a hole in the middle of the flour, and

pour

pour in the butter, cream, ſack, yeaſt, with the yolks of nine and the whites of four eggs beaten and ſtrain'd; mix all well together and ſet it before the fire to riſe; and when it is ready put it into the hoop, mix in a pound and an half of ſmooth carraways, and half a pound of candy'd orange, citron and lemon peel cut into long bits, ſtrewing them into the middle of the cake.

You may if you pleaſe put in more ſweet-meats and ice it too.

A CARRAWAY CAKE *without Yeaſt.*

Take two pounds and a half of flour, two pounds of ſingle refined ſugar, pounded and finely ſifted, to theſe add 12 ounces of carraway ſeeds; allow to this two pound of butter work'd in four ſpoonfuls of orange-flour-water till it is perfectly mix'd and looks like cream; beat the yolks of ten eggs and the whites of five very well, adding to them while beating three ſpoonfuls of ſack, ſtrew in the flour, ſugar and ſeeds by little and little into the eggs and butter, with half a pound of candy'd citron, lemon and orange peel; mix all well together, keeping beating of the ſtuff till you put it into the hoop, which is to be done at the very time that the oven is ready; let the fierceneſs of the oven be over, before you ſet in the cake for fear of ſcorching it.

You may if you pleaſe abate half the carraway ſeeds.

PORTUGAL CAKES.

Take yolks of ſix and whites of four eggs, and having with your hand work'd them well into a pound of butter, till the eggs are intirely mix'd with it, add a pound of fine flour dry'd and a pound of loaf ſugar ſifted, mix all well together; butter your pans, fill and bake them in ſo gentle an oven that will not colour a white paper.

CALF, the young of a cow, and diſtinguiſhed into a bull calf, and a cow calf. The beſt time for calving in reference to a dairy, is the latter end of *March* and all *April*, for then the graſs begins to ſpring in its perfect goodneſs, and will occaſion the greateſt increaſe of milk.

It is better to wean calves at graſs than at hard meat; and thoſe that have ſeveral paſtures for their kine and calves, ſhall do well; and rear with leſs coſt than others; for then

the weaning calves with hay and water will make them have great bellies, becauſe they do not ſtir ſo well with them as with graſs, and they will rather rot when they come to graſs, and in the winter they are put into houſes rather than ſtay abroad, and have hay given them in the night, and turn'd out in the day time, it be the beſt way,

Calves are very ſubject to ſcouring during their ſucking kine; and to cure them, take a pint of verjuice, and clay that is burnt till it is red, or very well burnt tobacco pipes which muſt be pounded to powder, and being very finely ſearc'd, put to it a little powder of charcoal, blend all together, and give it the calf, he will certainly mend in one nights time.

Gelding being a work to be done to calves, ſome uſe it when they are young, others let them run a year or more before they geld, which is counted the more dangerous practice; therefore the beſt way is to do it under their dams, and after to keep them in good paſtures, and in caſe there grows any impoſthume after gelding, burn his ſtones to aſhes, and caſt that powder therein and and it will cure him. See *Cow* and *Veal*.

To Roaſt a CALF's HEAD.

Waſh and pick the head very nicely having taken out the brains and tongue, and having prepared a good quantity of forc'd meat with veal and ſuet well ſeaſoned, fill the hole of the head with this forc'd meat; ſkewer it and tie it together upon the ſpit, and roaſt it for an hour and half.

Beat up the brains with a little ſage and parſley ſhred fine, a little ſalt and the yolks of 2 or 3 eggs; boil the tongue, peel and cut into large dice and fry that and the brains and alſo ſome of the meat made up into balls with ſlices of bacon.

Let the ſauce be ſtrong broth with oyſters, muſhrooms, Capers, and a little white wine thickened.

To Haſh a CALF'S HEAD

Boil the head till the meat is almoſt enough for eating; then cut it in thin ſlices; then take three quarters of a pint of good gravy or ſtrong broth, and add half a pint of white wine; half of a nutmeg, a couple of anchovies a ſmall onion ſtuck with cloves and a little mace; boil theſe up in the liquor for a quarter of an hour, then ſtrain it, and boil

boil it up again; then put in the meat with a little ſalt to your palate, and a little lemon peel ſhred fine, let it ſtew a little, and if you will you may add ſome ſweet breads, and make ſome forc'd meat balls of veal; mix the brains with the yolks of eggs and fry them to lay for garniſh.

When the head is ready to be ſent in, ſhake in a bit of Butter.

To Bake a CALF'S *head.*

Divide the calf's head, waſh it clean, and having the yolks of four or five eggs well beaten, with a quill daub the outſide of the head all over with them, and on that ſtrew raſpings of bread ſifted, flour, ſalt, pepper, nutmegs and mace powdered; and alſo ſweet herbs powdered, a little ſage ſhred ſmall, and the brains cut in pieces and dipp'd in thick butter; then cover the head with ſome bits of butter, pour into the pan ſome white wine and water, with as much gravey and cover it cloſe.

Let it be baked in a quick oven, and when it is ſerv'd up, pour on ſome ſtrong gravey, and garniſh with ſlices of lemon, red beet root pickled, fry'd oiſters and fry'd bread.

To make a CALF'S HEAD PYE.

Divide the calf's head, clean it, parboil it, then cut it in to large ſlices, and ſlit the eyes, ſeaſon with ſalt, pepper nutmegs, and ſweet herbs dry'd and powder'd, than lay it in the paſte with pepper and ſalt at the bottom, and ſome bits of butter; then put in 12 hard eggs, and the following forc'd meat.

Shred lean veal ſmall, and ſeaſon buttered eggs with ſalt and pepper and other ſpice beaten, and ſweet herbs powdered, mix this with the yolks of two or three raw eggs beaten and make it into a paſte, then roll it into balls, and put it into the pye with the meat; you may if you pleaſe add half a pound of currans well pick'd and only rubb'd in a cloth, and not waſh'd.

Then cloſe the pye, and juſt before it goes into the oven pour in a gill of white wine and half a pint of water; bake it and ſerve it hot, and you may if you pleaſe add the following liquor.

Take half a pint of white wine and the ſame quantity of water and the juice of a lemon having boil'd theſe two or three minutes beat the yolks of four eggs well, add a quar-

ter of a pound of butter and as much ſugar as will make it to your palate, mix theſe all together taking care that it does not curdle, and pour it into the pye juſt before you ſerve it up.

Into this pye may be put cocks-combs blanch'd, and ſome citrons or lemon peel candied, if you would have it a ſweet pye.

To dreſs a CALF'S HEAD *in a Grand Diſh.*

Let your calf's head be large and fair, let it be cleft in two and cut off the chop or muzzle, and waſh it well; waſh alſo the brains dry and flour them, tye them up in a cloth parboil them; in the mean time cut the fleſh off one ſide the head in ſlices, as if for haſh'd meat; but let the other ſide of the head remain whole, but only mark'd with a ſharp knife croſs ways. Let the brains lie till the reſt are prepared.

Then having haſhed the ſlices, put into their liquor a glaſs of white wine, a little muſhroom katchup, ſeaſon with ſalt pepper nutmeg, mace beaten fine, and a little lemon peel grated; ſtew them together with a bunch of ſweet herbs and butter.

When this is enough, put in a little juice of lemon thicken it with cream and butter in ſome of the ſame liquor with liquor of oyſters parboil'd, a pint of oyſters, and as many muſhrooms which you are to toſs up with your ſauce, when you thicken it, not forgetting to cut the eye into pieces among the haſh.

The other ſide of the head, the fleſh of it having been cut croſs and croſs in the manner of diamonds, about an inch ſquare, paſte it over with a feather with the yolks of two or three eggs beaten, and then drudge upon it the following mixture.

Mix well together raſpings of bread ſifted, with flour a little ſalt and pepper, mace and nutmeg powder'd, and a little ſweet marjoram powdered or ſhred ſmall, put them into an oven with ſome bits of butter upon it till is enough, or before a briſk fire till the drudging is become brown; lay this in the middle of the diſh and the haſh round it.

Having cut the brains, ſtrew them with a little red ſage minc'd ſmall, ſeaſon them with ſalt and ſpice, then dip them into thick batter made of flour, eggs and milk, fry them well in hogs lard or hot beef ſuet.

Then

Then having ready ſome oyſters which have been ſtew'd a little in their own liquor, with a little whole pepper and mace, take off their fins, dip them in the ſame batter, and fry them as directed for the brains.

You muſt alſo have pieces of bread cut the length of a finger and fry'd criſp, all theſe to be uſed by the way of garniſh.

As for the other part of the garniſh, let it be red beets pickled and ſlic'd, and lemon ſlic'd.

You may alſo boil ſome ſkirret roots, and peel and fry them criſp.

CALF'S FOOT BROTH.

Boil the calves feet in as much water as will make a good jelly; ſtrain it, then ſet the liquor on the fire again, with two or three blades of mace, and to each quart put a quarter of a pint of ſack and a quarter of a pound of currants clean pick'd and waſh'd; when they are plump'd, beat up the yolk of an egg, and mix it with a little of the cool liquor; and ſet it on a gentle fire to thicken; put in ſalt, and ſugar to your palate, ſtir in a bit of butter a little before you take it off the fire, put in the juice and peel of a freſh lemon.

Another Way.

Boil two calves feet, with a bit of veal, a bit of beef, and the bottom of a white loaf, put in no ſeaſoning but a little ſalt, two or three blades of mace, and ſome nutmeg ſliced; when it is boil'd enough, ſtrain it from the bones, and having ready ſome rice boil'd tender, ſtir it in; lay a boil'd chicken in the middle of the diſh, and alſo ſippets.

To ſtuff and roaſt a CALF's LIVER.

Take a freſh calves liver and having made a hole in it with a large knife run in lengthways, but not quite thro' it, and having ready a forc'd meat or ſtuffing for it, of the liver parboil'd, and fat of bacon minc'd very fine, freſh lemon peel grated, ſweet herbs powdered, and ſome eggs butter'd, to be mix'd with the other ingredients, add to theſe ſome grated bread and ſpice finely powder'd with pepper and ſalt.

With this ſtuffing fill the hole in the liver, and you may if you pleaſe, make another hole and ſtuff it; then if you (pleaſe lard the liver with fat bacon, and then roaſt it, flouring it well, and baſting it with butter till it is enough. Others bruſh it over with the white of an egg after it has been ſtuffed, and ſtrew upon it raſpings of bread ſifted and ſome flour, and ſweet herbs dry'd and powdered and ſome ſpice; and then incloſe the whole in a veal caul and ſo roaſt it; and it is an excellent diſh.

This is to be ſerv'd up hot, either with veniſon ſauce made of claret boil'd with cinnamon, and ſweeten'd with ſugar, or with gravey ſauce with a little wine in it.

Another Way.

Stuff the liver as before directed, with only this addition in the ſtuffing, that is, ſome veal ſuet ſhred very ſmall, with a little grated bread, ſpice and dry'd herbs, finely powdered, with ſome currants plump'd, and a little ſalt; make this into a paſte with ſome beaten eggs, and when you have ſtuffed what parts you pleaſe with the mixture, roaſt it, baſte it well with butter, and ſtrew on now and then ſome of the abovemention'd mixture as far as it can be in powder or admit of ſtrewing; when it is roaſted enough, ſerve it up hot with melted butter and lemon juice, or verjuice, and garniſh with lemon ſlic'd, and pickl'd barberries.

CALTROP is two fold, the *land Caltrop* and the *water Caltrop*.

The firſt of theſe is good for the breaking the ſtone in the kidneys, and alſo to reſiſt poiſon, being in powder, its doſe is from a ſcruple to a dram. The decoction of it will kill fleas.

The ſecond or *water Caltrop*, is cold and aſtringent and good for ſtopping inflammations or fluxes of blood; the fruit being drank in proper liquor, is good for diſſolving the ſtone in the kidneys, half a dram taken in wine, is good againſt the ſtinging of vipers and poiſons; the ſame will alſo ſerve if apply'd plaiſterwiſe.

CALVES. Some wean their calves at firſt, and ſuckle them with milk and whey, with a little bran or flour in it, and by this means bring them up till they are able to feed.

But whether you design to raise your calves for breed, labour or feeding, they ought not to want store of good pasture; for if the pasture be scanty at first, they will never come to be of large growth.

Some geld their calves at three months old, sowing up the wound and anointing it with fresh butter.

In the cutting of calves, they must be tied up to a frame, and before they be cut a couple of small sticks like a pair of tongues must be fastened about the strings where the testicles hang, and taking hold by them, cut away the testicles, so that a little of the upper parts may remain with the foresaid strings; for by this means, the calf does not run so much hazard by over bleeding, nor does it quite take away its stomach.

You must not suffer the calf to drink the first day, but only give him a little nourishing meat; and the next three days you must diet him according to his weakness, with the young boughs of elm and sweet grass cut for him, and take care not to suffer him to drink too much.

You ought while calves are young, to enure them to be familiar, and to suffer them to be handled and stroaked and ty'd up to the manger, that when they come to be broken they be handled with more ease and less danger.

In the fattening of calves for veal the *Essex* way, the following particulars are generally observed. *viz.*

That the calf be kept cool and dry; that their sucking times be never neglected; but that they always have their milk given them at constant hours. Nor are they suffer'd to suck any thing except it is a chalk stone now and then, tho' some are of opinion it would be better to debar them of that too, and rather to give them chalk finely scraped at times in their milk in small quantities.

For this they have pens on purpose, with floors rais'd two or three foot above the ground, to keep them from the damp of the ground, and so disposed that their urine may easily drain off.

These are so far open in the front, that they may receive as much air as possible, and so well covered on the top that they cannot receive any injury from storms of rain.

They customarily bleed them frequently, design'd as is supposed, to make their flesh white; but this ought not to be done to that excess that some do it;

Of the Lask, Scouring, or Looſeneſs in ſucking CALVES.

Take a quart of new milk from the cow, and ſimmer or boil in it gently a handful of marſh-mallows, or if you have not them, common mallows, for about half an hour; ſtrain the milk from the herbs, and put in the powder of liquorice and annifeeds, of each a quarter of an ounce, and of treacle and butter, each an ounce; mixing all well together, and giving half to the calf one morning, and the other half the next.

To prevent the Striking of CALVES.

Take *Rue*, the ſmaller *Centaury*, *Featherfew*, *Ragwort* and *Celandine*, of each half a handful; tye them in bunches, and boil them in five quarts of middling beer, that is clear and well freed from the yeaſt, or the ſame quantity of water, and add to theſe three pints of malt; boil them for a quarter of an hour, and ſtrain out the herbs till no liquor will run from them; then add a quarter of a pound of flour of *Brimſtone*, *Anniſeed*, *Madder*, and powder of *Liquorice*, of each two ounces; ſtir all together, and being milk-warm, divide it into five parts, and give a fifth part to a calf.

CALVING. The beſt time of calving in reference to a dairy; is the latter end of *March* and all *April*; for then graſs begins to ſpring in its perfect goodneſs, which will occaſion the greateſt encreaſe of milk that may be; yet the calves thus calved, are not to be weaned, but ſuffered to feed upon their dams beſt milk, than to be ſold to the butchers, and certainly the profit will equal the charge.

But for thoſe calves which fall in *October*, *November*, or any time in the depth of winter; they may well enough be weaned up for breed; ſince the main profit of the dairy is then ſpent, and ſuch breed will hold up any calves, which are calved in the prime days, they being generally ſubject to the diſeaſe, called the *Sturdy*, which is dangerous and mortal.

Now ſome are for the way of rearing to be upon the finger with ſlitten milk, and not ſuffer the calves to run with their dams; more particularly, if the husbandman go with an ox plough, it is meet at leaſt he ſhould breed one or two calves or cow calves yearly, to keep up his ſtock, and if he can do ſo, it will be the more profit to him.

If any cows happen to calve in the month of *March*, put them into the houſe the ſame day, and keep them there till the

the next day, and give them what water is neceſſary a little warm.

In the warmeſt part of the following day, they may be turn'd out to graſs; but then take them into the houſe again at night for a week or 10 days, and before they go abroad in the day time give them warm water.

It is beſt for the dairy when cows calve in *March* or *April* and the calves of theſe months will make the ſtrongeſt cattle; becauſe the cows now begin to give ſtore of milk and the calves will be well nouriſhed and be grown ſtrong before winter.

It is beſt to let the calves run with the cows for the firſt year, if they are deſign'd to be bred for large or ſtrong cattle; and not to wean the calves too early.

CAMPHIRE, is a light, white, volatile and combuſtible gum, the medicinal vertues aſcrib'd to it are; that it cures the inflammations of the eyes, and allays the pains of burns; being mix'd with ſome *Roſe*, *Plantain*, or *Morel* water, eaſes the head-ache proceeding from heat.

To CAMPHORISE *Spirit of Wine.*

Put an ounce of *Camphire*, into half a pint of high rectified ſpirit of wine; ſet it in the ſun, and always keep it cloſe ſtopp'd; as ſoon as it is diſſolv'd it is fit to be employ'd in ſeveral uſes, as chilblains, kibes, head-aches, and many ſort of ſores that want drying.

It is ſometimes diſſolv'd in *Hungary* water. A family ſhould not be without it.

CAMOMILL. The roots, flowers and herbs it ſelf are hot and attenuating; either being taken in drink or apply'd by way of fomentation, they will forward the *Menſes* and help women in labour, and likewiſe bring away gravel. It will cure the *Jaundice* and ſeveral other ſymptoms of the livers being affected: a decoction of them is good to make fomentations for the diſeaſes of the bladder. That which has the red flower, and is the largeſt is beſt for the ſtone.

For a CANKER *in the Mouth or Gums.*

Mix 20 drops of ſpirit of *Vitriol*, in half an ounce of honey of *roſes*; keep the ſore place always moiſt with this mixture, and it is a certain cure.

Another

Another for the Same.

Take the juice of *Sage* and *Honey-ſuckle*, of each three ſpoonfuls; of white wine vinegar one ſpoonful; *Roch Allum* half an ounce: take double the weight of the whole of honey, boil it to a thick ſyrup; ſcum it very clean, and when it is cold, put it up for uſe. This with ſyrup of *Mulberries* is good for any ſore mouth.

Another.

Take a quarter of a pound of *Honey*, the quantity of a walnut of *Allum*, finely powdered; the leaves of *Briar*, *Columbine*, *Woodbine*, and red *Sage*, of each a handful, two or three ſprigs of *Rue*; ſtamp all the leaves, ſtrain the juice and boil it with the honey and allum; ſcum it clean and waſh the mouth often with it.

To make BLACK CAPS.

Take 12 large *French* pippins or golden rennets, cut them in half, and lay them the flat ſides down to your mazarine, ſingle, as cloſe by one another as they will lie, ſqueeze a lemon into two ſpoonfuls of orange flower-water over them; having ſhred ſome lemon peel, ſtrew it between and grate over them double refin'd ſugar; ſet them into a quick oven, and they will be done in half an hour.

CAPON is a young cock gelded: this is perform'd by making an inciſion near the genital parts; and thruſting the finger through the wound, and expeditiouſly taking out the teſticle; then ſtitching up the wound, and rubbing it with freſh butter, or the fat of fowl; he may be turn'd looſe among the reſt of the poultry; but he will be ſad and penſive for ſome days.

If this operation be perform'd in very hot weather, ſometimes the bird will be ſiez'd with a gangrene; which, if he has not been artfully gelded, will kill him.

Some ſay the beſt time to geld a cock chicken, is as ſoon as his dam has left him, if his ſtones be come down, or elſe as ſoon as he begins to crow.

Capons are made for two purpoſes, the firſt is to be fed for the diſh, and that either at the barn door; or elſe in pens in the houſe, by cramming them with barley meal, moderately ſifted and mix'd with new milk, made firſt into a good ſtiff dough,

dough, and then into long crams, bigger in the middle, and ſmaller at both ends, and being firſt wetted with lukewarm milk, and given to a full gorge, three times a day, *i. e.* morning, noon and night, he will be fat in a fortnight or three weeks time.

The other is to lead young chickens, ducklings, turkies, pea-hens, pheaſants, partridges, *&c.* which a capon will do naturally and kindly, and by the largeneſs of his body will cover or brood 30 of them, and defend them againſt birds of prey better than a hen can.

The way to make them like him, is with a fine ſmall briar or ſharp nettle to beat and ſting all his breaſt and nether parts at night, and then in the dark to ſet the chickens under him, whoſe warmth taking away the ſmart, it will make the capon in love with them.

To dreſs a CAPON *or other* FOWL.

The capon, *&c.* being truſs'd for roaſting, cover the breaſt with a thin ſlice of fat bacon, and put an onion ſtuck with cloves into the belly of it, with ſalt and pepper; roaſt it and when it is enough take off the bacon, and ſtrew it with grated bread till it is brown.

For ſauce you may eat it either with orange juice and ſalt, or with oyſters ſtew'd in white wine, ſpice and a little butter. Or,

Small beer and water, of each a quarter of a pint, ſlic'd onion, pepper and ſalt, and an ounce of either mutton or beef boil'd, till there is not above a quarter of a pint.

Capons, pullets or other of this ſort of fowl, may, if roaſted be larded with bacon; except water fowl, which muſt not.

To make a CARAMEL.

Peel and divide *China* oranges into quarters, but take care not to break the ſkins, lay the quarters before the fire and turn them till the ſkin is very dry; then having ready a pound of ſugar ſifted through a fine ſieve, put it in a braſs pan or ſilver diſh, and ſet it over a very gentle fire, keep ſtirring it till all is melted, and looks pretty clear; then take it off the fire, and put in the quatters of oranges one at a time; then take them out again as quick as you can with a little ſpoon, and lay them on a diſh, which muſt be buttered, or they will ſtick to it. After this manner may roaſted cheſ-

nuts

nuts be done, or any other fruit in ſummer; firſt laying the fruit before the fire, to toughen the ſkin, for if any wet come out, the ſugar will not ſtick: this is to be done juſt before they are to be eaten, for theſe things will not keep.

CARBONADING. Take a pigeon, chicken, &c. ſplit it quite along the breaſt; open it and powder the inſide with crumbs of bread, ſalt and pepper mix'd together; then broil it on a gridiron, and make a ſauce with ſome vinegar; you may alſo add ſome onion, if you like it.

After the ſame manner you may dreſs ſteaks or ſlices of raw fleſh (being beaten flat) and if you pleaſe, you may firſt ſtick them with cloves and a little laurel.

CARDAMUM.

Take proof ſpirits ſix quarts; water three quarts; carraway, coriander ſeeds and piemento, and lemon peel, of each two ounces; diſtil and ſweeten with three quarters of a pound of ſugar.

CARDOONS. Pick them well, cut them in pieces; waſh them and ſcald them in water, with a little ſalt, ſlices of lemon, beef ſuet, and thin ſlices of bacon; drain them, and put them into ſome good gravy in a ſtew-pan, with a bunch of ſweet herbs, minc'd beef and marrow, and let them ſtew; when enough, pour in a little vinegar or verjuice, having clear'd them well from the fat.

To make a CARP PYE.

Firſt rub half a pound of butter into a quarter of a peck of flour, and make it into a paſte with water; then roll in one pound more of butter, at two or three times; lay the paſte on a diſh, putting ſome bits of butter in the bottom paſte, with ſalt and pepper at diſcretion.

Then the carp being ſcal'd and gutted, waſh it in vinegar, dry it well and put into the belly of it the following pudding.

Mince the fleſh of an eel very ſmall; mix it with grated bread, dry'd ſweet marjoram powdered, a ſmall anchovy minc'd, two buttered eggs; ſalt, pepper, and a little nutmeg grated; mix all well together, and put it in, and what is left of this minc'd fiſh, make it into balls; then cut off the tail and fins of the carp, and lay it into the cruſt, with the balls about it; ſome muſhroom buttons, oiſters with their

fins

fins taken off, and ſhrimps; ſome thin ſlices of fat bacon, and ſlices of lemon; ſome bits of butter, and a little mace, then cloſe it, and before it is ſet into the oven, pour in half a pint of claret. This pye is to be ſerv'd up hot.

To ſtew CARPS *or* TENCH.

Having a brace of live carps, ſcale, gut and waſh them; bleed them in the tail, ſaving the blood, becauſe be it never ſo little it is to be made a part of the ſauce.

Lay the fiſh in a ſtew-pan, with the blood, a pint of beef gravy, as much claret, an onion ſtuck with cloves, three or four anchovies, ſalt, pepper, a bunch of ſweet herbs; the peel of half a large lemon, and two or three ſpoonfuls of vinegar: the carps ought to be very nearly covered with the liquor, which you muſt ſee to by adding the liquor in proportion: Set the ſtew-pan over the fire, cover it cloſe, till the under ſide of the fiſh is ſtew'd enough; then turn them and ſtew them as before, being cloſe covered till they are enough; then lay them in a diſh upon fry'd ſippets of bread, ſtrain the ſauce and thicken it with burnt butter, and pour it over the fiſh. Garniſh the diſh with the roe or milt, barberries and ſlices of lemon.

Whereas carps have commonly a muddy taſte, they delighting in a dark, deep ſtanding water; you may cure them by putting them into a clear water, to purge them for a week before you uſe them.

This may be done by putting them in a hamper, and plunging it into a river, where there is a clear ſtream or trench, that is fed by a ſpring.

The ſame may be done with tench and eels.

The former method of dreſſing carp, may be uſed in ſtewing large roach, dace and chub; but a tench ſtew'd this way is much better than a carp.

The back and head of this fiſh are the pieces moſt in eſteem, and eſpecially the head is preſented as a complement to the greateſt ſtranger.

To bake roach, dace and chub, *&c.* is as good a way as ſtewing them, if it be done with the above-mentioned ingredients.

Another Way.

Having firſt ſcaled and waſh'd the carps; clean and open them; ſlit them neatly, preſerving their blood in vinegar; be

cautious

cautious in taking out their inſides, leſt you break any thing for they muſt not be waſh'd on the inſide; then put into their bellies whole pepper, ſalt and a blade of mace; lay them in a ſtew-pan or diſh, and cover them with half claret and half water, with ſpices, ſweet herbs, and a bit of horſe-radiſh; let them ſtew gently, and turn them when they are enough; take them out, lay them on a diſh to drain, and boil up the ſauce they were ſtew'd in with two anchovies bon'd and waſh'd, and a pound of good butter; thicken it with flour before you put in the butter.

To force a CARP.

Bone a couple of ſoles and a pike, mince the fleſh with a few onions, ſeaſon with ſalt, pepper, nutmeg and fine ſpice; adding freſh butter and crumbs of bread boil'd in cream or milk; thicken the minced fleſh with yolks of eggs, and the whites whip'd up to ſnow.

Fill a large carp with the minc'd fleſh of the fiſh, and ſtew it in an oval ſtew-pan in white wine, and over a gentle fire, ſeaſon'd with ſalt, pepper, cloves, a bunch of ſweet herbs and ſweet butter.

Have alſo in readineſs a large ragoo made with muſhrooms, truffles, morilles, bottoms of artichokes, ſoft roes of carps and craw fiſh tails; let it be pretty thin but palatable; put to it a good cullis of what ſort you pleaſe, diſh the fiſh with the ragoo and ſerve it up hot.

To broil a CARP.

It having been ſcaled and gutted, ſlice it upon the back, rubbing it with melted butter, and ſeaſoning it with ſalt and pepper, then broil it.

Add to it a ragoo made with muſhrooms, ſoft roes, artichoke-bottoms, with onions and capers. When you are ready to ſerve it, diſh it with the ragoo over it, and ſerve it up hot.

To haſh CARPS.

Let them be ſcaled, gutted and the ſkins taken off, bone them, and lay by the fleſh, mince it very fine, with the fleſh of eels, muſhrooms and truffles; ſeaſon with ſalt, pepper, and ſweet herbs cut very ſmall; blanch it in a ſtew-pan with

with good freſh butter, a little fiſh broth; when it is enough ſerve it up with lemon juice.

A CARP *larded with Eels in ragoo.*

Having ſcaled the carp, lard it with ſlices of eel, then put it into a ſtew-pan; ſeaſon with ſalt, pepper, nutmeg, a bunch of ſweet herbs; and add half a ladle of water, and a pint of white wine, and if you have them, you may add muſhrooms and truffles, and alſo ſmall onions blanch'd, ſtew theſe gently, and when enough, add capers, anchovies, and a lump of butter, roll'd in flour; let it ſtew a little, and ſerve it up hot, the ragoo being well thickened and of a good taſte.

To roaſt a CARP.

Let the carp be one with a ſoft roe, and as large and fat as you can get, make a ſtuffing with roes, the fleſh of eels, muſhrooms, onions, thyme and parſley; ſeaſon with ſalt, pepper and pounded cloves, adding good freſh butter: Fill the carp with that ſtuffing; ſew it up, and wrap it up in clean paper well buttered.

Spit the carp, and while it roaſts, baſte or beſprinkle it with white wine and butter, and when enough, ſerve it up with a ragoo made with muſhrooms, carps roes, aſparagus or with a ſorrel ſauce.

CARRAWAY WATER.

Take proof ſpirits ſix quarts, water three quarts, carraway ſeeds ſix ounces; draw off and dulcify with 12 ounces of ſugar.

Another Way.

Take proof ſpirits ſix quarts; water three quarts; carraway ſeeds bruis'd, a quarter of a pound; lemon (or orange) peel dry'd, three drams; diſtil and dulcify with a pound of ſugar.

How to clean and ſweeten CASKS.

If the caſk be a butt, then firſt rinſe out the lees clean

with cold water; and having boiling water ready, put it in, and ſcrub the bottom with a long handled birch broom very well; and with a ſhorter broom cleanſe the ſides very well, either with water, ſand or aſhes; likewiſe cleanſe it well about the bung-hole, leſt the yeaſt as it works over carries ſome of its filth with it.

But if it be a barrel, kilderkin, firkin or pin, the cuſtom is in large brew-houſes to put them over the copper-hole for a night together, that the ſteam of the boiling water or wort may penetrate into the wood.

But this method is ſo violent a ſearcher, that unleſs the caſk has been new hoop'd juſt before, it will be apt to fall to pieces.

Another Way.

Put two quarts or more of lime ſtones into the caſk, pour ſome water upon it, ſtop it up directly and ſhake it well about.

Another Way.

Dip a long linnen rag, in melted brimſtone, light it at the end, and hang it in the caſk, the upper part of the rag being faſtened to a wooden bung. This way is both quick and ſure, and at the ſame time will not only ſweeten the caſk, but help to fine the drink.

The Vintner's Way.

Take a quarter of an ounce of ſtone brimſtone, one ounce of burnt alum, and two ounces of Brandy; melt all theſe together in an earthen pan over the fire, then dip into the mixture a ſlip of canvas, ſprinkle upon it nutmegs, cloves, corriander and anniſeeds powdered, ſet it on fire, and hang it in the caſk, faſtened at the end with the wooden bung, ſtopping it ſo cloſe that no ſmoke can come out.

For a muſty CASK.

Boil pepper in water, and fill the caſk with it ſcalding hot.

For a very ſtinking CASK.

The remedy is to let the head of the caſk be taken out by the cooper, and the inſide be ſcrap'd or new ſhaved and let him fire it afterwards,

To prepare new CASKS *for Malt Liquor.*

Some ignorant people chuſe new caſks for ſtrong drink after they have once or twice ſcalded with water, but this is not good; for the beer or ale will be ſure to taſte of the caſk for half if not a whole year afterwards, ſuch is the twang of the oak and its bark.

To prevent this, when your brewing is over; put up ſome water ſcalding hot and letting it through the grains, then boil it and fill up the caſk, ſtop it well, and let it ſtand till it is cold, do this twice, then take the grounds of ſtrong drink, and having boil'd in it green walnut leaves and new hay or wheat ſtraw, put all into the caſk, full and ſtopping it cloſe; having done this uſe it for ſmall beer half a year together, and it will be thoroughly ſweet, and fit for ſtrong drinks.

Another Way.

Dig a hole in the ground deep enough for it to lie half depth with the bung upwards, let it lie thus for a week and it will greatly help either, or any ſtinking caſk.

WINE CASKS, are many of them good caſks for malt liquors; becauſe thoſe of ſack and white wine are already ſeaſon'd to hand and will greatly improve beer, and ales that are put in them; but by no means uſe Rheniſh wine caſks for ſtrong drink; for the wood of them is ſo tinctured with this ſharp wine, that it will ſcarce ever be free of it; and therefore ſuch caſks are rather to be us'd for ſmall beer.

Claret caſks will much ſooner be made fit for ſtrong drink, by being ſcalded two or three times with grounds of barrels, and afterwards uſed for ſmall beer for ſometime.

To cure a claret caſk of the colour and taſte, put a peck of ſtone lime into a hogſhead, and pour upon it three pails of water; bung up the caſk immediately with a bung of wood or cork, and ſhake it well about for a quarter of

an hour, and let it ſtand a day and night, and it will take off the red colour, and alter the taſte of the caſk very much.

CATARACT, a diſtemper incident to hogs, making their eyes to water, and a moiſture to aſcend up into their he ads: It proceeds commonly from their eating raw fruit, that fall off the trees, or when there is great ſtore of them.

The remedy is, to give them ſome old capers in their waſh or other meat, or red and white coleworts amongſt their food, or marſh mallows mixt with their meat, or liverwort boil'd in honey water.

CATCHUP *that will keep good 20 Years*

Take 2 quarts of ſtrong ſtale beer, and half a pound of anchovies, waſh them clean, cloves and mace of each a quarter of an ounce, of pepper half a quarter of an ounce, a race or 2 of ginger, half a pound of ſhallots, and a pint of flap muſhrooms well boil'd and pickl'd. Boil all theſe over a ſlow fire; till one half is conſum'd, than run it through a flannel-bag; let it ſtand till it is quite cold, then put it up in a bottle and ſtop it cloſe.

One ſpoonful of this to a pint of melted butter, gives both taſte and colour above all other ingredients; and gives the moſt agreeable reliſh to fiſh ſauce.

It is eſteem'd by many, to exceed what is brought from *India.*

CATCHUP *of* MUSHROOMS.

Fill a ſtew-pan full of the large flap muſhrooms, and the tops of thoſe that are commonly wip'd for pickling, ſet it on a gentle fire with a handful of ſalt; they will yield a great deal of liquor; ſtrain it, and add a quarter of a pound of ſhallots, two cloves of garlick, pepper, ginger cloves, mace and a bay leaf; boil and ſcum it very well, let it ſtand till it is quite cold; bottle it and ſtop it cloſe.

To make a CAVIAR *or Spawn of Sturgeon.*

Firſt waſh the ſturgeon well in venigar and water, and then lay it in ſalt and water two or three days, then boil it in freſh water and ſalt; and when it is cold put it up for uſe.

A good CAUDLE.

To two quarts of water put half a pint of whole oatmeal; let it boil very ſlow for five or ſix hours at leaſt; then ſtrain it out, and to two quarts put three large blades of mace, three quarters of a pint of white or Rheniſh wine; and ſweeten it to your palate, and juſt when you take it off the fire, cut away all the white of half a lemon and put it in, you may put in juſt the yellow of the peel.

CELANDINE. The juce being taken in at the noſe, purges the brain; a water diſtill'd from it is good for the king's evil, the root of it or herb alone, applied with the urine of a ſick perſon, is recommended as good for the piles.

The juice of its flowers being mix'd with honey, woman's milk, or ſomewhat elſe that will qualify its acrimony, will take away the ſpecks in the eyes, dry up ſores and ulcers, tetters, ſcabby heads, and ſcald heads in children.

The leaves pounded with camomile roots, and applied to the navel, is good for the cure of the cholick.

CENTAURY, is ſomething aſtringent; the decoction of it being taken, purges by ſtool; it is good againſt tertian agues, the jaundice, ſpleen and ſciatica. It kills worms and brings them away; it is alſo good in conſumptions and cramps, and all nervous diſeaſes; the ſame being uſed with honey, clears the ſight.

A Good CERECLOTH

Take four ounces of red lead, two ounces of white lead, two ounces of caſtle ſoap, bees wax, oil of bays and barrows greaſe of each an ounce, boil the red and white lead in 3 quarters of a pint of ſallad oil, till they look brown, then put in the reſt of the ingredients, let it boil five hours keeping it ſtirring till it works; then oil your hands; make up in rolls.

Of making CHEESE.

In the firſt place I ſhall conſider the way of managing the *Rennet*

Rennet is made of a calves bag, which is to be taken out as ſoon as the calf is kill'd, and ſcoured inſide and outſide

with ſalt, after it has been firſt diſcharg'd of the curd that is always found in it; waſh the curd with water in a cullender, and pick out any hairs in it, waſhing it till it becomes very white; then put the curd into the bag again, adding to it two good handfuls of ſalt; then cloſe up the mouth of the bag with a ſkewer; and lay the bag in an earthen pan; and it will remain fit for uſe 12 months.

When you are to uſe this bag, ſalt a quart of water till it is ſtrong enough to bear an egg, then boil it, then ſet it by till is quite cold, and pricking the bag into a great many ſmall holes, put it into a pan for uſe.

While this rennet is freſh, one ſpoonful of the liquor will turn or ſet about 16, 18 or 20 gallons of milk; but the longer it is kept the weaker it grows, and requires a greater quantity: this rennet will laſt good about a month. This is the method us'd in *Eſſex* and *Herefordſhire*.

Others prepare rennet bags as follows: They waſh and ſcour the calf's bag as before with ſalt, and in like manner the curd, and then having ſalted it well, they hang it up in a kitchin chimney corner and dry it; and when they uſe it, boil ſalt and water as before, filling the bag with it, making holes in the bag as before, and keeping it in a clean pan.

You ought to take notice; that the calf's bag, which is the part that receives the milk, is ſo diſpoſed as to change milk into curd as ſoon as it is received into it, and the curd which is found in it, partaking of that quality of the bag, which diſpoſes it to harden the milk; theſe are therefore preſerv'd for the ſame uſe in turning common milk into curd; and that as the calf's bag is naturally when it receives the milk from the cow, which then curdles in the bag; ſo in like manner when you would turn or ſet milk for cheeſe or any other uſe, the milk ought to be juſt of the ſame warmth as the body of the calf was, and the milk it ſelf when the calf receiv'd it from the cow.

If the the milk be too hot, when the rennet is pút to it, there is great danger, for then it ſets or turns to curd very quick, and that will make the cheeſe hard; but it will be beſt to have the milk of ſuch a warmth only, as that it will not come too ſoon, as they term it in dairys but to let it be of juſt ſuch a warmth that it may come moderately, for the quicker the curd comes, the harder it is, and the harder will the cheeſe be.

Beſides this ſome regard is to be had to the paſture where the cows feed; for thoſe cows that feed in rank graſs have

have more watery parts in their milk, than thoſe cows that feed on ſhort graſs.

Again, if cows feed upon *Crow-garlick*, or the *Aliaria*, or *Sauce alone* or *Jack in the Hedge*, or *Gooſe-graſs*, or *Clivers*, or *Rennet wort*, than milk will be ill taſted or elſe turn or curdle of it ſelf, although it be a good while after the cow calved; and if the gooſe-graſs or clivers happen to be the occaſion of the turning of the milk, then you ought to uſe a leſſer quantity of the rennet; it being the only uſe of rennet to fix milk and turn it to curd; and if there be already in the milk it ſelf an equivalent to rennet by means of the cows eating the beforementioned herbs, then a little of it will do.

It ſhould alſo be remembered that where cows feed upon long rank graſs, the milk being watery will not contain two thirds of the cream, or richneſs that there is in the ſame quantity of milk from cows fed upon fine ſhort graſs.

It ought alſo to be obſerved, that when cows feed upon ſuch weeds as *Clivers*, *&c.* which turn their milk, the curd is always hard and ſcattered, and never comes into a body as pure milk will do, that is ſet with rennet, and conſequently the cheeſe will be hard.

It ought alſo to be obſerv'd, that as the bag of which rennet is made happens to be good, ſo will the rennet will be good in proportion.

And the bag will be good, when the milk of the cow which ſuckled the calf is good.

But beſides the goodneſs of the milk and the rennet, if a cheeſe is over preſs'd, it will be hard and unpleaſant; but then again, the harder the cheeſe is preſs'd the longer it will keep, longer than thoſe that are gently preſs'd, and bear being tranſported through the hotteſt climates, which the tender made cheeſes will not without corrupting, unleſs they are put into oil.

Take notice alſo of the rennet bag, that the calf ſhould ſuck it full about an hour before it is kill'd, that there may be the more and freſher curd in it; tho' in the killing of calves it is a rule to let them faſt ſome time before they are kill'd.

Let the curd be broke by gentle degrees, and as equally as poſſible every where; the little pains extraordinary, will be paid in the goodneſs of the cheeſe, for then it will not be full of eyes and hollows.

Some make an artificial rennet, which will alſo do very well for making of cheeſe, and this is by boiling gooſe-graſs otherwiſe call'd *Water-Rennet-Wort* in water, to which ſome add the tops of ſweet bryar; a ſpoonful of which decoction, or boiled liquor will turn about five gallons of milk, without any other help.

Now whether you uſe the calfs bag rennet, or this laſt, if you would give your cheeſes any rich flavours, then you may put in ſuch ſweet-herbs as you like in the water, while you are boiling it for them, or ſuch ſpices as you have a mind to.

To make a plain SAGE CHEESE.

Bruiſe the tops of young red ſage in a mortar, till you can preſs the juice out of them; bruiſe likewiſe ſome leaves of ſpinach or ſpinage, and having ſqueez'd out the juice, mix it with that of the ſage to render it of a pleaſant green colour which the juice of the ſage alone, will not make it, and this will alſo allay the bitter taſte of the ſage.

Having prepar'd the juice put the rennet to the milk, and at the ſame time mix with it as much of the ſage, *&c.* juice as will give the milk the green colour you deſire, putting in more or leſs of the ſage juice to that of the ſpinage juice according as you would have the cheeſe taſte ſtronger or weaker of the ſage.

When the curd is come, break it gently, and when it is all equally broken, put it into the cheeſe vat or mote and preſs it gently, and the gentle preſſing will make it eat tender, and mellow when on the contrary the preſſing of it hard will make it eat hard; when it has ſtood in the preſs about eight hours it muſt be ſalted.

To make a SAGE CHEESE *in Figures.*

To do this you muſt be provided with two cheeſe vats of the ſame ſize, and the milk muſt be ſet to turn in two different veſſels; one part with plain rennet only and the other with rennet and ſage juice.

Theſe muſt be made as you would do two diſtinct cheeſes and put into the preſſes at the ſame time.

When each of theſe cheeſes have ſtood in the preſs for half an hour, take them out and cut out ſome ſquare pieces or long ſlips, quite out of the plain cheeſe, and lay them by on a plate; then cut the ſame number of pieces out of the ſage cheeſe of the ſame figure and ſize, and immediately

put the pieces of the ſage cheeſe into the places that you cut out of the plain cheeſe, and the pieces cut out of the plain cheeſe into the places cut out of the ſage cheeſe; for this purpoſe ſome have a tin plate made into figures of ſeveral ſhapes, by which they cut out the pieces of the cheeſes ſo exactly that they fit without any trouble.

Having done this they put the cheeſes into the preſſes again and manage them like common cheeſes; and ſo there will be one ſage cheeſe with white or plain figures in it, and another a white cheeſe with green figures in it.

Great care muſt be taken that the curd be very equally broke, and alſo that both the cheeſes be preſs'd as equally as it is poſſible before the figures are cut out, or otherwiſe when they come to be preſs'd for the laſt time, the figures will preſs unequally and loſe their ſhapes.

Theſe cheeſes ſhould be made not above two inches thick, for if they are thicker, it will be more difficult to make the figures regular.

Theſe cheeſes muſt after they are made be frequently turn'd and ſhifted on the ſhelf and often rubb'd with a coarſe cloth. Theſe cheeſes will be fit to be eaten in about eight months.

To make ſlip Coat CHEESE *otherwiſe call'd* CREAM CHEESE.

Take twelve quarts of new milk and a quart of cream, put it together with two ſpoonfuls of rennet (or leſs according to its ſtrength) juſt warm, and it having ſtood till the curd is come lay a cloth in the cheeſe vat, and cut out the curd with a ſkimming diſh, and put it into the vat till it is full, turning the cheeſe cloth over it, and as the curd ſettles lay more on till you have laid on as much as will make one cheeſe.

When the whey is drain'd out turn the cheeſe into a dry cloth, and then lay a weight of a pound upon it, at night turn it out into another cloth, and the next morning ſalt it a little, then having made a bed of nettles or aſh leaves to lay it on, cover it with the ſame, ſhifting them twice a day; till the cheeſe is fit to eat, which will be in about 10 days.

To imitate CHESHIRE CHEESE.

The milk being ſet and the curd come; do not break it with a diſh as is cuſtomary in making other cheeſes; but draw

draw it together with your hands to one ſide of the veſſel, breaking it gently and regularly; for if it be preſs'd roughly a great deal of the richneſs of the milk will go into the whey. Put the curd into the cheeſe vat or mote as you thus gather it, and when it is full, preſs it and turn it often, ſalting it at ſeveral times.

Theſe cheeſes are to be made ſeven or eight inches thick, and will be fit to be eat in a year. You muſt turn them and ſhift them frequently upon a ſhelf, and rub them with a dry coarſe cloth and at the years end you may bore a hole in the middle and pour in a quarter of a pint of ſack, and ſtop the hole cloſe with ſome of the ſame cheeſe, and ſet it in a wine cellar for ſix months to mellow, and you will find the ſack will be all loſt and the hole will be in a manner cloſed up.

To imitate GLOCESTER SHIRE CHEESE.

Set the milk as is before directed for other cheeſes; and break the curd as equally and tenderly as you can, put it in a cloth into the vat, and ſet it in the preſs for an hour; then take it out of the vat and cut it into ſmall pieces, about the bigneſs of a nutmeg into a pan of ſcalding water, and ſprinkle them with ſalt, to what quantity you think fit.

Then ſet them again into the cheeſe vat, where let them ſtand till the next morning, and when they are taken out, ſet them by, not forgetting to turn them and wipe them very often, till they are grown very dry; or elſe when you have preſs'd one of theſe cheeſes two hours, ſalt it on the upper ſide and turn it at night, and ſalt the ſide that lies uppermoſt to lie in the preſs till the next morning; but the firſt way is accounted the beſt; the cheeſes done the firſt way, i. e. by cutting the cheeſe, will be ſmooth coated, they will be fit for eating in eight months time.

To make a Marygold CHEESE.

Having gathered marygold flowers in a dry day, pick the golden coloured leaves off; pound them in a mortar or grind them and ſtrain out the juice; put this into your milk at the ſame time that you put in your *Renner*, ſtir them together. The milk being ſet and the curd come, break it as gently and as equally as you poſſible can, put it into the cheeſe vat, and preſs it with a gentle weight, there being ſuch a number of holes in the bottom part of the vat, as will

let

let the whey eaſily out, or elſe let there be a ſpout to carry off the whey; tho the holes will be the beſt.

The cheeſe which is made in a cloth; muſt be us'd like other cheeſes made after that manner.

To make BUCKINGHAM CHEESE.

Procure a cheeſe vat of a ſquare figure ſix inches over and nine inches deep, full of ſmall holes for the conveniency of letting out the whey, when the curd is put into it. Then mix the nights cream with the mornings milk, and put the rennet to it to cool.

When the curd is come take it gently out of the whey and with it fill the cheeſe vat, and as that ſinks fill up the cheeſe vat with curds, doing this once every hour till night.

The next morning turn the cheeſe up ſide down, turning it every night and morning till it ſhrinks from the cheeſe-vat, and is grown ſtiff enough to be taken out without breaking, and then lay it upon a ſhelf to be turn'd and ſhift it night and morning, till it is dry and fit for uſe.

Angelot CHEESE.

Having the ſtrokings of three or four cows, ſet it with rennet, as ſoon as it has been milked, and when it is come take it up with a ſkimming diſh without breaking the curd, and then by degrees fill a narrow high cheeſe mote or vat, continually filling as the curd ſinks, till the mote or vat is full.

If you would have it thick, the vat ought to be ſix, eight or ten inches deep; you muſt keep continually filling for three or four hours, then ſtrew a little ſalt on the top, let it ſtand all night and clapping a board or trencher to that end of the vat, turn it up and ſalt the other end, then ſet it by for nine or ten days without removing it, leſt it ſhould crack and break, by which time it will ſink and ſhrinking will ſlip eaſily out of the vat, then ſet it in a temperate place that it may dry by degrees.

The time to make this cheeſe is in the beginning *of May* or in *September*. If you would have it richer, you may add a fourth part of cream.

Chedder CHEESE.

Chedder is a town in *Somerſetſhire* ſeated on the ſouth ſide of *Mendip* hills in a warm and fertile ſoil for paſturage; whereby

whereby *Chedder* is rendered famous for cheeſe; and it has been a long cuſtom there as well as in ſome adjacent pariſhes for ſeveral neighbours to join their milk together to make one cheeſe of a larger ſize then ordinary, and exceeds in goodneſs moſt cheeſe in *England*, if kept from two to five years old. The ſize of theſe cheeſes are generally from 30 to an hundred pound.

Cream CHEESE.

Strain the milk into a cheeſe tub often in the fields, and to 15 gallons of milk, put about two ſpoonfuls of rennet, and it will come in about half an hour.

It muſt not be ſet, when juſt hot from the cows, for then it will be apt to be tough, but luke-warm.

When it is come break it gently with a fleeting diſh, ſtirring it well from the bottom; for if it be maſh'd altogether every way, it will be lean, that is, the butter will run more in the whey. This being done, let it ſtand to ſettle about half an hour, and then looſen a plug, that ſtops a hole in the middle of the tub, to let out the whey into clean veſſels.

Then put the curd into a canvaſs cloth and let two perſons roll it up and down gently, till the whey is well drain'd from it. Then tie up the cloth and hang it up to drip, and when it has done dripping, put it into a cheeſe-vat, that is big enough, lay a board over it, and upon the board ſet a 14 pound weight and ſo let it ſtand all night.

In the morning the cheeſe will turn out ſeven or eight inches thick, then cut it into cheeſes of half an inch thick with a long ſilken ſhread; lay them on ſmooth boards and ſalt them lightly, turning them twice a day for the firſt four days, then lay them on nettles near the ground, and turn them twice a day for eight days, and the next day lay them on boards to dry.

They are finiſh'd in eight days in hot weather, in cooler in four.

Thick Square CREAM CHEESE *as at Newport.*

The vat muſt be made four ſquare a quarter and half high, neither bottom nor top muſt be faſtened in; with holes all over; then with rennet, as for common cheeſe, ſet a gallon of milk, two quarts of ſtroaking, and two quarts of good thick cream; and when it is come, take out the curd with a *China* faucer,

ſaucer, and put it into the vat; ſtrew a little clean dry ſalt in two or three places as it is laid in; and as the curd ſinks, fill up the vat; till you have put all in, preſs it as you do other cheeſe: let it ſtand in the vat two or three days, till all the whey has drain'd out, turning it often while it is in; ſalt it two days: take it out; let it lie to dry without rubbing it. The beſt time for this is in *May*.

STILTON CHEESE.

Take two Gallons of morning milk and five gallons of ſweet cream, beat them well together and add as much boiling ſpring or river water as will make the whole a little warmer than milk from the cow; then put in the rennet made ſtrong of mace by boiling a good quantity of mace in the rennet liquor.

To make MORNING-MILK CHEESE.

Take the milk as it comes from the cow in the morning and ſyle it into a clean tub; then take all the cream off from the milk that was milk'd in the evening, and ſtrain it into the new milk, and having made a good quantity of fair water ſcalding hot, pour it alſo into the milk, to ſcald the cream and milk together, and let it ſtand and cool it with a diſh, till it be no more than luke-warm, then go to the pot where the earning bag hangs, and take ſo much of the earning from thence, without ſtirring the bag, as will ſerve for the proportion of the milk, and ſtrain the ſame carefully into it; for if the leaſt mote of the curd of the earning, fall into the cheeſe, it will make it rot and mould.

When the earning is put in, cover the milk and let it ſtand for half an hour or thereabouts; and in that time it will come, if the earning be good; but if it was not, you muſt put in more; and when it is come, break and maſh the curd together with a diſh in your hand, paſſing and turning it divers ways; and when you have broke it well very gently with your hand, preſs the curd down into the bottom of the tub, then with a thin diſh, take the whey from it as clear as you can; and the cheeſe-vat being ready according to the proportion of the curds, put the curd upon it with both your hands joined together, and break it, preſſing it hard down into the vat, till it is full.

Then lay the hard cheeſe board upon the top of the curd, and a ſmall weight upon that, that the whey may drop from it

it into the under veſſel, and when it has done dropping, take a large cheeſe cloth and having wetted it in cold water, lay it on the cheeſe board, and then turn the cheeſe upon it, and then lay this cloth into the cheeſe vat, and put the cheeſe into it again; and with a thin ſlice, thruſt the ſame down on every ſide, then lay the cloth over the top, lay on the cheeſe board, carry it to the preſs, and preſs it under a ſufficient weight for half an hour, then take it out and turn it into a dry cloth, or put it into the preſs again and let it remain there till the next day in the evening, and when you turn it, the laſt time, turn it into the dry vat without any cloth at all.

When it has been preſs'd enough, and is taken out of the vat, then lay it in a rimnel, rubbing it firſt on the one ſide, and then on the other with ſalt, and ſo let it ſtand all night; the next morning do the ſame again, and ſo turn it out upon the brine which comes from the ſalt two or three days more according as the cheeſe is in largeneſs.

After this lay it upon a clean flat table or ſhelf to dry, not omitting to rub it all over every day with a clean cloth and turning it till ſuch time as it is thoroughly dry and fit to go into the cheeſe treck; at firſt it muſt be laid in a place where it will dry haſtily; but afterwards where it may dry more at leiſure.

To make a cheeſe of two meals of the mornings new milk and the evenings cream milk, you muſt do alſo the ſame, and ſo you muſt, if you make a ſimple morning milk cheeſe, which is all of new milk and nothing elſe, except only that you muſt put in the earning as ſoon as the milk is ſyl'd, if it has any warmth in it; and not ſcald it; but if the warmth be gone it muſt be put into a kettle and receive the warmth of the fire.

To make a fine NETTLE CHEESE, *which eats very fine in ſummer time.*

This is to be made of new milk, and as before directed in the new milk cheeſe compound, only the curd muſt be put into a very thin cheeſe-vat, that is not much more than half an inch deep, and when it is drain'd from the brine, and you are to dry it, lay it upon freſh nettles, and cover it all over with them, and ſet it to dry where it may have the air; let them ripen therein, renewing the nettles once in two days, and every time you renew them turn the cheeſe; let the net-

nettles be gathered as much as may be without ſtalks: for the fewer wrinkles there is in the cheeſe, and the evener it is, the more curious is the houſewifery accounted.

A CHEESE CAKE *without Curd.*

Take two quarts of cream, and 14 eggs both yolks, and whites beat half a dozen of the eggs, and mix with them as much rice flour as will make them as thick as a paſte: then put in the other eight eggs, having beaten them a little; and ſtir all well together; ſet the cream on the fire, put in the eggs and rice, ſtirring it all the while it is boiling; till it comes to be a pretty thick curd: let it ſtand till it is cold, and into one part put in ſugar and currants; and to the other part, put two or three ſpoonfuls of orange flower water amber greaſe and ſugar. Put this meat into a very good cruſt. It will be bak'd in a very little time.

A good CHEESE CAKE *with Curd.*

To three pound of cheeſe curd add a pound and a quarter of butter: pound both in a mortar till all looks like butter; then add half a pound of almonds blanch'd and pounded with orange flower water, two pound of butter, the yolks of 16 eggs, the whites of eight, a little beaten mace, and a little cream, beat all together, put it in puff-paſte, and they will be baked in a quick oven in a quarter of an hour.

A CHEESE CURD PUDDING.

Take the Curd of three quarts of new milk well drain'd from the whey; pound it very well in a mortar with ſix ounces of butter, then having beaten the yolks of five eggs, and the whites of two, ſtrain them to the curd; grate a couple of *Naples* biſcuits, and add half a pint of flour having mixed all together, ſweeten it to your taſte.

Butter patty-pans, fill them and ſet them in a gentle oven, when you turn them out, pour over them ſome ſack, butter and ſugar melted very thick; ſtick ſlips of candy'd orange or citron peel in them; and if you would have ſome without ſweet-meats, ſlice blanch'd almonds for them.

Lemon CHEESE CAKES.

Beat the yolks of eight eggs, into theſe grate the rind of a large lemon, add to theſe four ounces of fine ſugar well powdered and ſifted, and a quarter of a pound of freſh butter, warm all theſe gently over the fire, keeping ſtirring it all the while, till it begins to thicken; then take it off and put it into the coffins, made of puff-paſte, and bake them in a gentle oven.

Another Way.

Firſt boil the rind of a large lemon or orange in four or five waters till it is very tender, and has loſt its bitterneſs; then pound it in a mortar or ſhred it ſmall, and beat it with the yolks of eight hard eggs, ſix ounces of loaf ſugar finely powdered, and a ſpoonful of orange flower water: then mix this with as much cream and two eggs beat, as will make it of the conſiſtence of cheeſecake meat, before it is baked, then put it into coffins and bake them in a gentle oven.

You may put in currants, if you pleaſe, but then they muſt be firſt well cleanſed and plump'd a little over the fire in ſugar and water.

The beſt way of making theſe cheeſe cakes is in patty pans and to fill them with meat near an inch thick.

Another Way from a Lady.

Drain a quart of tender curd from the whey, then break it ſmall, and add a quarter of an ounce of mace finely powdered, and have a pound of ſugar finely ſifted; the yolks of eight eggs well beaten, and a quarter of a pound of blanch'd almonds well pounded in a marble mortar with roſewater or orange flower water, then grate four penny Naples biſcuits, into a pint of cream, and boil them over a gentle fire, ſtirring them all the while, till it is as thick as an haſty pudding; then mix with it half a pound of butter, and put it to the curd but not too hot, then having mixed all together, put it into your paſte.

ORANGE CHEESE CAKES.

Blanch a pound of ſweet almonds; pound them very fine with four ſpoonfuls of orange flower water, a pound of ſugar pounded and ſifted and a pound and half of melted butter:

put

put to the reſt when almoſt cold 16 eggs, leaving out half the whites; pound and ſtrain them; boil the peel of a couple of *Sevil* oranges, till all the bitterneſs is out; pound it well and mix it with the reſt: put it into a very light cruſt and bake it.

To dry CHERRIES.

Stone the cherries, weigh them, and allow to every three pound of cherries, a pound and a quarter of ſugar finely powdered, ſhake the cherries and ſugar very well together; ſet them on the fire, till the ſugar is well melted, and let them have a boil or two; then put them into an earthen pot, and let them ſtand till the next day, then make them ſcalding hot, let them cool again, and then lay them on ſieves; and ſet them in a moderate oven, to ſtand all night, and in the morning turn them and ſet them in again. The oven muſt not be hotter than it is after ſmall bread or pyes. When they have been ſufficiently dry'd, keep them in a box very cloſe, and without any paper between them.

To dry CHERRIES *without Sugar.*

Stone the Cherries, ſet them on the fire, without any liquor but what comes out of them; let them boil up ſeven or eight times; ſhaking them while they are boiling, then put them into an earthen pan; the next day give them a ſcald, ſet them by till they are cold, and then lay them on ſieves; and ſet them in a moderate oven to dry.

Any ſort of cherries will be dry'd by the ovens being twice heated.

To dry CHERRIES *in Bunches.*

The cherries, may be either *Kentiſh* or *Morella*; tie 10 or 12 in a bunch with a thread, and when you have dry'd your other cherries; put the ſyrup that they come out of to the bunches; give them juſt one boil, cover them cloſe, and the next day give them a ſcald, ſet them by till they are cold, then lay them in ſieves in a cool oven, turn them after they are dry on one ſide, and heat the oven daily till they are thoroughly dry.

To make Jam of CHERRIES.

Stone ſix pound of cherries; boil them; and as they are boiling break them; and when all the juice is ſo boil'd away that you can ſee the bottom of the pan, put in a pound and half of ſugar finely powdered, ſtir them well together, and give them two or three rolls; then put the juice into glaſſes or pots.

To make CHERRY *Paſte.*

Stone and boil the cherries, breaking all the while, boil them till they are very dry, and for every pound of cherries allow a pound and quarter of ſugar finely powdered and ſifted; put in the ſugar to the cherries when they are hot; ſet it on the fire till the ſugar is thoroughly melted; put it into a bread pan or earthen plates, ſet them in a ſtove till it is candy'd; drop it on glaſs, and when they are dry on one ſide turn them.

To preſerve CHERRIES.

If the cherries be either *Morellas* or *Cornelians*, &c. ſtone them and for *Morellas* take the jelly of white currants drawn with a little water; and paſs a pint and half of the jelly, and eight pounds of fine ſugar through a jelly-bag; then ſet it on a quick fire, till it boils, then ſcum it and put in two pounds of the ſtoned cherries; they muſt not be ſuffered to boil too faſt at firſt; take them off the fire now and then, and when you perceive they are tender make them boil very faſt till they jelly, and are very clear; then put them in glaſſes or pots.

If the cherries are *Cornelians*, they muſt have red currant jelly; and if white currants are not to be had, codlin jelly will ſerve for the *Morellas*.

To make CHERRY WINE.

Let the cherries be gathered in dry weather, when they are full ripe, pick them from the ſtalks, and bruiſe them well with your hands, till they are all broken, then put them into a hair bag, and preſs them as much as you can, without breaking the ſtones.

To every gallon of the juice put a pound of powder ſugar, ſtir them well together; boil it and ſcum it as long as any

ſcum

ſcum will riſe; then ſet it in a cool place till it is quite cold, and put it up in a caſk, and it will preſently begin to work.

When it has done working ſtop the veſſel cloſe, and let it ſtand four Months, if it holds the quantity of 20 Gallons or more or leſs according as your quantity is, then bottle it off and put a lump of loaf ſugar into each bottle. It will keep two or three years, if it be ſet in a cool place.

BLACK CHERRY WINE.

Take a quarter of a hundred weight of *Malaga* raiſins, put to them two gallons of water: let them ſtand ſeveral days to ferment, as is done for *clary Wine* (which ſee) when you draw off the liquor add ſix pound of black cherries to every gallon: let them be fermented together three or four days, or until the liquor is deeply tinctured; draw it off, and to this quantity, when you put it up add half an ounce of roch alum finely powdered, and the whites of two eggs well beaten into a froth; mix all well together and ſtop it up cloſe. After this manner you may make elder wine. After the liquor has been drawn from the cherries, they may be put into a ſtill with a ſufficient quantity of water, and diſtilled with a gentle fire, and from it extract a fine ſpirit. You may alſo do the ſame with gooſe-berries and currants.

Another Way.

Boil three gallons of water an hour, bruiſe 12 pounds of black cherries, but do not break the ſtones; pour the water, boiling hot on the cherries, ſtir the cherries very well in it, and let it ſtand for 24 hours, then ſtrain it off and to every gallon put near two pounds of good ſugar; mix it well with the liquor, and let it ſtand 24 hours longer, then put it up in a clean ſweet caſk and ſtop it up cloſe, bottle it not before you find it to be very fine.

BLACK CHERRY BRANDY.

Take a gallon of ſtrong claret, and eight pounds of black cherries full ripe, ſtamp them and put them to the wine with angelica, balm and carduus of each, four handfuls, mint two handfuls and as many roſemary flowers; ſix handful of clove gilliflowers, four ounces of cinnamon cut ſmall and two ounces of nutmegs; put all theſe together in a ſtean

or deep earthen or rather jar and cover it ſo cloſe that no air may get in; let it ſtand for 24 hours, then put it into a ſtill, lute it cloſe, and diſtil off as much as runs good; ſweeten it with ſugar candy to your palate; this is an excellent cordial good againſt melancholy and the vapours.

To preſerve CORNELIAN *Cherries.*

Let the cherries be full ripe, put them into a preſerving-pan with their weight in fine ſugar powdered, laying a layer of ſugar and another of fruit; and ſo on till you have laid all in, then cover them with ſugar; then pour upon them half a pint of white-wine, and ſet it on the fire, and as ſoon as the ſugar is all melted make them boil up quick, ſcumming it as the ſcum riſes, ſtirring them every now and then, and when the fruit is clear they are enough, then put them into glaſſes and cover them with papers.

To make Marmalade of CORNELIAN *Cherries.*

Take ripe cherries, ſtone them, allow a pound of powdered ſugar to every pound of cherries.

Wet the ſugar with white wine and boil it to a candy height, then put in the cherries with that juice that comes from them, and boil them up very quick, ſtirring it often, and ſcumming it clean; and when you find it to be clear and of a good conſiſtence, put it into a glaz'd earthen pan, and when it is almoſt cold put it into glaſſes, cover them with white paper and keep it in a dry room.

CHICKENS.

As ſoon as they are hatch'd if any be weaker than the reſt, wrap them in wool, and let them have the air of the fire; it will alſo be very good to perfume them with roſemary; ſo the firſt hateh'd chickens may be kept in a ſieve till the reſt are diſclos'd, for they will have no meat for two days; for ſome ſhells being harder than others they will require ſo much diſtance of time in opening: but unleſs the chickens are weak or the hen unkind, it will not be amiſs to let them alone under her, for ſhe will nouriſh them kindly.

When they are two days old, give them very ſmall oat-meal, ſome dry and ſome ſteep'd in milk or elſe crumbs of fine white bread, and when they have gain'd ſome ſtrength, curds, cheeſe parings, white bread, cruſts ſoak'd in drink or milk,

milk, barly meal or wheat bread ſoak'd in drink or milk, barly meal or wheaten bread, ſcalded or the like ſoft meat that is ſmall and will be eaſily digeſted.

It will be proper to keep them in the houſe for a fortnight, and not ſuffer them to go abroad with the hen to worm; alſo green chives chopp'd among their meat is very good, and will preſerve them from the rye and other diſeaſes in the head, and never let them want clean water for puddle water will be apt to give them the pip.

Nor muſt you let them feed upon tares, darnel or cockle, for theſe are very dangerous to young ones, nor let them go into gardens till they are ſix weeks old.

If you would have them cramm'd, coop them up when the dam has forſaken them and cram them with dough made of wheaten meal and milk, which dip in milk and thruſt down their throats; but let them not be too big leaſt they choke them, they will be fat in a fortnight.

To diſtinguiſh whether a chicken is good or not. After a chicken is kill'd it well be ſtiff and white, and firm in the vent if new kill'd; but tender and green in the vent if ſtale.

If you rub your finger on the the breaſt of a ſcalded chicken, if it be new killd it well feel rough; but if ſtale ſlippery and ſlimy.

A cramm'd chicken if it be fat will have a fat rump and a fat vein upon the ſide of the breaſt of her like a pullet.

To fatten CHICKENS.

Put them into coops and feed them with barly meal; put a ſmall quantity of brick duſt into their water, which they ought never to be without, this laſt will give them an appetite to their meat, and fatten them very ſoon. For in this caſe it muſt be conſidered that all fowls and birds have two ſtomachs as they may be call'd, the one is their crop that ſoftens their food and the other the gizzard that macerates their food; in the laſt we always find ſmall ſtones and ſharp ſand, which help to do that office, and without them or ſomething of that kind a fowl will be wanting of its appetite to eat; for the gizzard cannot macerate (or as it may be ſaid) grind the food faſt enough to diſcharge it from the crop, without ſuch ſand or ſtones, and in this caſe the brick duſt is aſſiſting.

To FRICASSY CHICKENS *or* SWEEETBREADS.

Take two or if ſmall three chickens, waſh them clean from the blood, cut them to pieces: but not too ſmall; ſet them on the fire with juſt water enough to cover them; as they boil up ſcum them very clean, take them out and ſtrain the liquor; part of it ſeaſon with ſalt and pepper both whole and beaten, a blade or two of mace, a ſmall onion ſtuck with three or four cloves and a little lemon peel; add to it a quarter of a pint of white wine warm'd.

Boil all theſe together till the chickens are enough, then take three ſpoonfuls of cream, and a little flour mixd with it and put it to the chickens; ſhake it well over the fire till it begins to thicken.

Then having the yolks of a couple of eggs well beaten with a little grated nutmeg and juice of lemon, mix theſe with the liquor gently by little and little, for fear it ſhould curdle; put in half a pound of good butter, and ſhake it together till it is melted.

Another.

Flay three chickens, cut them in pieces, put them into a ſtew-pan, with as much gravy and water as will juſt cover them; put in ſome ſalt, whole pepper, a blade of mace, a ſmall onion with a few cloves; ſtew them, and when they are near enough, take them out of the liquor, and fry them but a very little in vinegar, ſtrain the liquor and take as much of it as you ſhall want for ſauce, to which add a little ſorrel, parſly and thyme boil'd green and ſhred ſmall; to theſe add half a pint of thick cream, the yolks of a couple of eggs well beaten and a little grated nutmeg; ſtew all over the fire till it is thick; put to theſe half a pound of butter, and ſhake it till it is melted.

A Brown or white FRICCASSEE *of* CHICKENS.

As ſoon as the chickens are kill'd, ſtrip off their ſkins, draw them, cut their wings, legs and moſt fleſhy parts in pieces, then fry them in a little hogs lard, afterwards ſtew them in a little butter and gravy if you would have a brown fricaſſy, or in butter and water if for a white fricaſſy; and to either of theſe add a glaſs of white wine, ſeaſoning with ſalt, pepper, nutmeg and chervil cut ſmall, and three or or four young

young onions whole, that they may be taken out when the fricaſſee is enough.

Then brown the ſame with ſome of the ſame lard you fry'd the chickens in and thicken it with burnt flour; to which you may add ſome fryd or ſtew'd muſhrooms.

But if it be for a white fricaſſee inſtead of the browning with the ſauce, with the yolks of three or four eggs and a little verjuice; or elſe when the fricaſſee has ſtew'd enough, take off the fat as clean as you can, and toſs it up with cream. This will ſerve for a fricaſſee of rabbets.

CHICKWEED is of a cooling quality without binding, and if given children in the heat of their diſtempers, it will preſerve from many accidents; and a water diſtil'd, from it is good for the phthiſick.

CHILBLAIN to cure: Take lard or gooſe greaſe, melt it and mix with it a ſufficient quantity of brandy, ſtirring it with a ſtick till it grows cold and with it anoint the ſore morning and evening before the fire.

For a CHINCOUGH.

Take oil of amber and ſpirits of hearts-horn in equal quantities, but do not exceed half an ounce at a time becauſe it decays by being often opened.

With this anoint the childs palms of his hands, pit of the ſtomach, and ſoles of his feet for a month together, and let no water come near any of the parts anointed.

You may wipe the child's fingers and back of his hands with a wet cloth.

CHITTERLINGS are made either of hogs or calves guts, for the firſt.

Take the great gut of the hog, and cut off the thick end of it, and lay it to ſteep in water for a day or two; then waſh it out and parboil it in other water with a little ſalt and ſome ſlices of onion and lemon, ſlit this gut and put a little white wine upon it, to take away the ill ſavour, when it is parboil'd, put it into freſh water and take it out, and cut it into the lengths you would have them.

Thus they may be made with half of the one and half of the other, being ſeaſon'd as much as is needful, then take the ſkirts from the inſide of which the ſmall gut ought to be cut off, cleanſe them and ſcrape them well for ſome

time to take away the ill taſte, then cut them of the ſame length with the chitterlings; put them into a kettle of water with ſlices of onion, and having tied up the ends of every one, put them neatly into the ſkirts, ſo that they may be covered and bound up in them.

When the chitterlings are made, put them into a kettle of water with ſlices of onion, an onion ſtuck with cloves two bay leaves, a little leaf fat out the hogs belly; boil them gently and ſcum them well, and then pour in a glaſs or two of white wine; let them ſtand in the ſame liquor till they are cold; then take them out carefully, not to break them.

They are uſually broild on a gridion with paper under them.

CHOCOLATE. To the quantity of a good diſh, put an ounce of chocolate ſcrap'd fine, to which being boil'd in the water in a chocolate pot, put an ounce of ſugar or according to your palate, mill it well when it is boild with a chocolate mill to make it froth.

The vertues of this liquor are ſaid to be that it fortifies the ſtomach and breaſt, keeps up the natural heat, diſpels humours; ſtrengthens and keeps up the voice, and many other things.

CHOCOLATE PUFFS.

Grate four ounces of chocolate, ſift it thro' an hair ſieve, mix this with a pound and a quarter of fine ſifted ſugar; make it up into a paſte with the whites of eggs whipp'd to a froth; then pound it well in a mortar and make it up into loaves or in what forms you pleaſe, ſet it into a cool oven on papers and tin-plates.

For the CHOLICK.

Infuſe an ounce of *hiera picra* in a quart of double diſtill'd anniſeed water; ſtop it very cloſe, and let it ſtand near the fire for ſome days, ſhaking the bottle twice a day, take three or four ſpoonfuls of this in a fit when it is new; if it ſtands a year or more leſs will ſerve.

Another for the Same.

Infuſe an ounce of very good rhubarb in a quart of ſack for 12 hours or more, then drink four large ſpoonfuls, and

fill the bottle up again, thus you may do once a day for ſix weeks or two months at leaſt; and when you perceive the vertue of the rhubarb is exhauſted, you may put in freſh, this ought to be continued conſtantly, till the bowels and blood are ſtrengthened.

This has cured perſons who could find no eaſe in opiates nor bathing. It has done ſuch remarkable cures, that it cannot be too much commended.

For the ſtone CHOLICK.

Iufuſe three pounds of haw-berries into three quarts of ſtrong white wine, for 24 hours, then draw off in a cold ſtill three pints very ſtrong, and what runs after keep by it ſelf; a quarter of a pint of the ſtrongeſt has given eaſe in very bad fits at the firſt taking; but if it comes up, you muſt repeat it, till it does ſtay.

For a convulſive CHOLICK.

Take yellow tranſparent amber groſly powdered and ginger cut ſmall, with theſe fill a tobacco pipe, and ſmoke three or four pipes while you are in pain and always going to reſt.

Another.

Boil four ſpoonfuls of good *Iriſh* uſquebaugh in half a pint of ale, ſlice a little ginger and ſweeten it with ſyrup of rhubarb. It is a pretty certain cure, and ſeldom fails to give preſent eaſe.

Another.

Take the thin peel that comes off the kernels of ripe walnuts, dry it and pound it to powder; then the yellow peel of orange; powder it and put equal quantities of it in a cup of hot ale and drink it up a ſmall ſpoonful of powders, mix'd it a doſe.

CHURNING, The cream being neatly and cleanly kept, is to be ſtrain'd through a ſtrong and clean cloth into the churn, and ſet in a place fit for the action to be perform'd in it, as in the ſummer in the cooleſt place of the dairy, and either very early in the morning or very late in the

the evening; but in the winter, in the warmeſt part of the dairy, and in the moſt temperate hours, as about noon or a little before or after.

Churn it with ſmart quick ſtrokes, ſo that the noiſe may be ſolid, heavy and intire, till you hear it alter, and the ſound of it is grown light, ſharp, and more ſprightly; and after this you will find that the butter breaks, which is to be perceiv'd by the ſound and the lightneſs of the churn ſtaff, and the ſparks and drops which will appear yellow about the ſides of the churn.

The the inſide and lid of the churn is to be cleanſed and all being put together, the churn is to be covered again, than the butter is to be gathered together into one intire lump and body with eaſy ſtrokes round, but not to the bottom, leaving in pieces thereof ſever'd or unjointed.

There may many diſadvantages happen to butter in the churning by reaſon of the tenderneſs of its body; it not being capable of bearing much heat or much cold: For if it be over-heated it will look white and crumble, and be bitter in taſte; and if it be too cold it will not come at all.

To avoid the firſt, it will not be amiſs if in ſummer time the churn be ſet in a veſſel of cold water as deep as the cream riſes in it, and the ſtrokes in churning ſhould be ſlower, and the churn ſhould be cold when the cream is put in, and the churn may be warm'd by ſcalding in the winter-time, the cream being put in before it is cold again, and plac'd within the reach of the warmth of the fire, and churn'd with as ſwift ſtrokes and as faſt as may be, for much labouring it will keep it in a conſtant warmth and the butter will be good. *See Butter.*

CHURNING. In the beſt butter countries, they uſually churn twice a week, taking off the cream with a fleeting diſh, every morning, and putting it into glaz'd veſſels which keeps it from ſowering, and produces the ſweeteſt butter.

Some uſe leaden ciſterns, and ſome braſs veſſels; but theſe are apt to give the milk an ill taſte; therefore it will be beſt to ſet the milk in glaz'd earthen veſſels and to keep their cream till churning time, alſo in glaz'd earthen veſſels.

For if cream remains too long in leaden ciſterns, it will certainly be ruin'd and have an ill flavour.

In *Devonſhire*, they commonly ſet their milk in braſs veſſels, but in theſe the cream changes much ſooner.

It is ſometimes difficult to have a dairy ſo ſituate as to be cool enough in ſummer to raiſe and keep the cream in good order, and at the ſame time to be warm enough in winter, to do the ſame thing; by which it may rationally be ſuppoſed, that a certain temperature of air, or degree of warmth is neceſſary for diverting the oily or buttery parts from the aqueous or watery parts of the milk.

And whereas it has in hard winters been difficult for cream to riſe upon the milk, or even to churn that cream into butter; ſome have at ſuch times remov'd their dairy under ground into a vault where the external cold air is excluded; by which the cream of the milk did not only riſe in as great quantity, and in the ſame time as it us'd to do in ſummer; and likewiſe the butter come as ſoon by churning in the moſt ſevere weather in that place as it us'd to do in the ſummer time in the dariry.

The time of churning ſhould be early in the morning in the ſummer time; becauſe too much heat will prevent the temperature of the butter from the milk, as too much cold will prevent the ſame in the winter.

Some in the winter ſet their churn near the fire while they are churning; to bring the butter the ſooner. Others warm their churns with hot water; before they put the cream into them. Others ſet their churns in hot water: But the beſt and moſt approv'd expedient ſeems to be. To churn in cold weather in a warm vault, becauſe it not only ſaves abundance of trouble; but alſo the milk being ſet for cream will not turn rank or rancid, as butter that is made otherwiſe will do.

If butter be churm'd too near the fire it will change the butter in taſte, colour and ſtiffneſs, but in a room about four or five foot from the fire may do well enough.

CINNAMON WATER.

Take rectified moloſſus ſpirits ſix quarts, water three quarts, and choice cinnamon bruiſed ſix ounces; macerate it for 24 hours, and then diſtil and draw off the proof ſpirits till the faints appear; dulcify with loaf ſugar one pound and a quarter, and make it up full proof.

Another Way.

Take ſtrong rectified proof ſpirits ſix quarts, river water three quarts, the beſt cinnamon bruiſed half a pound, nut-

megs

megs half an ounce, bay ſalt two ounces, macerate them, and draw off as above directed, and dulcify with the beſt loaf ſugar a pound and ſix ounces, and make it up high proof.

Another Way.

Take proof malt ſpirits ſix quarts, water three quarts, ſmall cinnamon and caſſia lignea of each two ounces, bruiſe the barks and let them infuſe all night in the ſpirits, then diſtill as before, and dulcify with a pound and a half of fine loaf ſugar.

When you make a ſecond cinnamon water, it will be beſt done as ſoon as the double cinnamon water is drawn off, and the waſh being pour'd off from the ſtill; put the bruiſed cinnamon along with the ſpirits, *&c.* as above directed) upon the magma of the double cinnamon water, left in the ſtill, which dulcify as before, by this means it will be ſtronger of the cinnamon, than it would otherwiſe have been.

Care ought to be taken in drawing it off, for if the caſſia be drawn low it is very ſubject to an empyreuma.

A Barley CINNAMON *Water.*

Boil two pound of pearl barley in four quarts of ſpring water; draw it off in a cold ſtill as long as it runs ſweet; then infuſe in it half a pound of cinnamon, and add a quart of canary; ſweeten it, and you may drink a draught of it at any time, either in a looſeneſs or fever.

Alexipharmick CINNAMON *Water.*

Take three gallons of proof ſpirits, and two gallons of river water, put in one pound of cinnamon, four ounces of citron peel, a handful of the tops of balm, and half an ounce of angelica ſeeds, diſtil theſe according to art, And it will be a pleaſant compound, cinnamon water, which you may ſweeten with double refined loaf ſugar in a ſufficient quantity of roſe water when you put it up into the caſk.

CLARY *and* EGGS.

Beat eight or ten Eggs in a porringer very well, then chop the leaves of clary ſmall and add to them a litle pepper

per and ſalt, and a little onion chopt ſmall, fry it hot in hogs lard or hogs ſeam, and ſerve it with ſlices of lemon.

To make CITRON WATER.

To a gallon of *French* brandy or clear ſpirit, put four ounce of citrons, lemons or orange flowers, and two pounds of white ſugar-candy finely powdered, add to theſe ſix ounces of citron or lemon peels, and let them ſteep in the ſpirits till the liquor is tinctured ſtrong enough, then ſtrain it thro' a ſieve: You may if you pleaſe, add a quarter of a dram of muſk to the quantity of three gallons of liquor.

CITRON WATER.

Take goood proof ſpirits ſix quarts, water three quarts, the peel of 15 lemons, freſh figs ſeven pound, infuſe them a night and diſtil and dulcify with a pound and a quarter of refined loaf ſugar.

Another Way.

Take ſtrong proof ſpirits ſix quarts, the beſt lemon peel bruiſed two ounces and a half, nutmegs bruiſed two ounces, macerate, and diſtil, then dulcify with a pound of double refined ſugar.

The former of theſe is what is uſually ſold in *London* for *Citron-water*, and is not to be diſtinguiſhed from the true, but by a nice palate.

CITRON WATER *as made in* Barbadoes.

Take the flowers of citrons, or large lemons or oranges a quarter of a pound, to a gallon of *French* brandy, or good clean ſpirit, with two pounds of white ſugar candy pounded fine; then add ſix ounces of the beſt citron or lemon peels, and put them to ſteep in the ſpirits till the liquor is ſtrong of every ingredient, and ſtrain it off through a ſieve.

Some put about half a dram of muſk to ſix gallons of liquor,

To preſerve CITRONS,

Let the citrons be the largeſt of the *Malaga* ones, cut them

them into quarters, ſcrape the rind alittle, but not all the yellow off; take out all the meat, and lay the rind in water all night; then; boil them till they are very tender, and lay them in water again all night; then take them out, lay them in a ſieve to drain very well, and to two pound of citrons, put three pound of fine ſugar and three pints of water; make the water and ſugar juſt warm; put in the citrons, let it boil for half an hour, than take it off and ſet it by till the next day; then boil it again till it is very clear, and add a pound more of ſugar; juſt wet it with water, making it boil briſkly till it is melted, then put in the juice of three lemons, and put it into large pots.

CITRON MARMALADE.

Let the citrons be boil'd very tender, cut off all the yellow rind, ſtamp the white very well in a wooden bowl, ſhred the rind, and to two pound of the pulp and rind, take three pound of ſugar and a pint of water; make theſe boil, and then put in the citrons, make it boil a great pace till it becomes clear; then add a pint of pippin jelly, and boil it till it jellies very well; then add the juice of a couple of lemons. Put it in pots or glaſſes.

CITRON CREAM.

Take a pound of green citron, and having cut it into very narrow pieces of an inch long; put in a quart of cream, with ſome of the rind of a lemon, and let it boil for a quarter of an hour; then ſweeten it to your taſte, and put in a couple of eggs well beaten, then ſet it on the fire again, till it is very well thickened; then ſqueeze in the juice of a lemon, and ſtir it till it is cold.

To make a CLARET *or* NECTAR

Take four quarts of the beſt wine, white ſugar two pounds, cinnamon 12 drams, cloves ſix drams, white ginger an ounce mace and cardamums of each a dram, corriander ſeed three drams, mix them well together and ſet them in a convenient veſſel cloſe cover'd for two days. Then preſs out all the liquor from the ingredients, and run it often through the flannel bag, it will become fine and of a beautifnl tranſparent colour, and if you deſire it to be very rich hang a little muſk and lignum aloes raſped in the veſſel, ty'd up in

a little piece of ſcarlet ſilk; which will aromatize it with a very rich and delicious flavour, and if you pleaſe for beauties ſake, you may break a few leaves of gold lightly into it.

To extract Spirit of CLARY.

Take leaves of clary, freſh gathered and in the prime, three or four pound, either bruiſe it or cut it ſmall, then put it into a wooden veſſel, with as much water warm as will juſt cover it, let it ſtand for three or four days, then diſtil it, and with a due degree of heat, bring off all the water as long as it hath any taſte of the ingredient.

Then take off the ſtill head, and preſs out the liquor that remains in the bottom of the ſtill, and with the diſtill'd water pour it upon a like quantity of clary bruiſed as before, then having clean'd the alembick from the remains of the plant you diſtill'd before, put them all together into a ſtill or any other proper veſſel and let them infuſe for four or five days longer, in order to extract the whole vertue of the plant; then add to it a gallon of rectified proof ſpirits, lute the joints of the head cloſe, and the refrigeratory, and with a morderate and equal fire draw off all the clean proof ſpirits; and reſerve the faints or after runnings a part for another diſtillation.

Spirit of CLARY *by Fermentation.*

Take clary freſh gathered and in its prime, what quantity you pleaſe, either bruiſe it well, or cut it ſmall, and having put it into a wooden veſſel, ſet it near the fire, then pour upon it about twelve times its quantity of river water made warm, with two pounds of ſugar to a gallon of liquor, ſtir them well together, then cover up the veſſel and let it ſtand pre-ty warm.

If it ferments well, which you may know by the continual hiſſing noiſe of the liquor, with the herb thrown up to the top with a froth, you have no more to doe till it is compleated; which will be in a week or ten days, according to the ſeaſon of the year and heat of the weather.

But if you find it requires a longer time, then add a little ale yeaſt to it, and a little more ſugar if need require, and if it be cold ſet it near the fire, and when the fermentation is compleated, and that the herbs ſink to the bottom, then put the liquor into a ſtill, half filling it with it, and then proceeding in all reſpects as before directed as long as

the liquor hath any taſte of the ſpirit; and if the firſt runings appear clear, keep it by it ſelf for uſe.

Another way more expeditious then the former.

Having bruiſed or cut the clary, to two pound of the herb, put ſix pound, of ſpirit of wine, and diſtil in a glaſs ſtill to a drineſs. Pour this diſtill'd ſpirit upon a like quantity of freſh clary, and let it infuſe for a night in the ſtill, and the next morning diſtil it with a gentle fire taking ſpecial care to avoid an *Empyreuma*.

The ſpirit thus diſtill'd, brings over with it all that is to be deſired in the ingredients, and is a pleaſant and fine cordial, of a very agreeable and citron like flavour.

If you put a ſpoonful of this diſtill'd ſpirit into a glaſs of cyder, mead, raiſin wine, or any other artificial wines, it will give them the true flavour of foreign wines; ſo that an experienc'd palate ſhall ſcarcely know the difference.

Three ſpoonfuls of the ſpirit of clary and a lump of ſugar put into a bottle of cyder, when you bottle it off, will in a ſhort time impart its flavour to the whole, ſo as ſcarce to be diſtinguiſhed from true canary wine.

CLARY WINE.

Take a quarter of a hundred of *Malaga* raiſins, to which put nine gallons of water; let them ſtand to ferment for ſeveral days, till the liquor taſtes ſtrong and vinous, or till the ſweetneſs thereof is almoſt loſt.

Then put the liquor into a cloſe caſk, with two ounces of cream of tartar, and half an ounce of iſinglaſs; and to give it a flavour, ſome days before all the liquor is drawn off from the fruit, draw off a quart, and in a well ſtopp'd bottle infuſe a good quantity of the flowers of *Clary*, with a part of which you may impregnate the reſt of the liquor before you ſtop it up, obſerving to put in but juſt enough of the *Clary* liquor to give it a true flavour.

This will come the neareſt of any to Rheniſh wine.

CLEAR-STARCHING.

To waſh muſlins. Take your muſlin aprons, hoods, neckcloaths, and yards of muſlin, fold them four double, putting the two ſelvedges together, then the ends together, and waſh it the way the ſelvedge goes, to prevent the fraying; then

then take very clear water, let it not be too hot, for that makes them yellow, and ſtrain the water through a clean cloth into a pan; then take the beſt ſoap a ſmall quantity as your waſh is, put it upon a clean ſtick, beat up your lather; but let it not be with a whiſk, becauſe it will make the water yellow, and alſo leave ſplinters in the water, which will tear the muſlins.

After the lather is beat, put in your fouleſt muſlins, one by one till you have put all in, ſo let them ſtand to ſoak out the dirt; then waſh them one by one to prevent tearing, whilſt the water is warm, then ſqueeze them very hard between both hands, for fear of leaving the dirty ſuds in them and as you waſh them out, ſhake them open into the earthen diſh, you put them in; then let your ſecond lather be beat up as your firſt, only let the water be hotter, but not ſcalding hot; but waſh whilſt they are warm, and ſqueeze them as before; then as to your third lather, let your water be ſcalding hot but not boiling, for that makes the water yellow; then take of powder blue a ſmall quantity, put it in a cup, and put water to it, a little more than will wet it, then ſhake the cup about, afterwards pour into the ſcalding water, and ſtir it about till you perceive it blue enough; then take ſoap and beat up your lather as before, and put your yelloweſt muſlins in firſt, then let them be covered over with a clean cloth; you may waſh them out whilſt warm, or let them ſtand all night, it will do them no harm but clear them.

Obſerve when you waſh them out, to take care and waſh the blue out, then lay them in clear pump water, and if you have not time to ſtarch them all at once, put no more in your ſtarch than you can finiſh in one day, for lying in the ſtarch makes them look yellow.

But let them be put in pump water, till you have time to finiſh them, but do not exceed two days.

Moſt ſtarchers boil their muſlins; but they ſhou'd not by reaſon it wears them out; but the ſcalding and letting the muſlins lie in them, do them more good than a boil; likewiſe obſerve, never to ſoap your muſlins, for waſhing out the ſoap will cauſe you to fray the muſlins.

To rinſe your MUSLINS *before you Starch them.*

Take pump water in a clean pan, then take a ſmall quantity of blue in a cup, and put a little pump water to it ſhake it about in the cup, and pour a little of it into the

rinſing water, than put your hand into the rinſing water and ſtir it about; put your whiteſt muſlins in firſt, one by one, ſqueezeing them out one by one as you put them in; but put no more in than two or three at a time, by reaſon the blue will ſettle upon them: and in caſe any blue ſhou'd ſettle, rub them with your hand lightly in the water, and it will come off; and if any of your muſlins be yellow, you muſt make the rinſing water a little bluer; after you have rinſed them all out, ſqueeze them one by one between your hands very hard, becauſe they will not take the ſtarch if any water is left in them, and pull them out with very dry hands one by one, double them, lay them upon a clean dry cloth in order to ſtarch them: Some people ſtarch them dry, but they ought not, for it makes them look yellow and ſtiff, and is alſo very apt to fray them.

To make the Starch for the Heads and Muſlins.

Take a pint of pump watter to a quarter of a pound of ſtarch, put the water in a clean ſkillet, and put it over a clear fire till it is lukewarm, than put in your ſtarch, keep it ſtirring ſlowly one way till it boils one boil and no more; if it boils too much it makes it yellow, than pour it into a clean pan, cover it with a clean plate till it is cold, when it is cold, take ſome upon your hand, and ſome blue in the other hand, then mix them together, but make it not too blue, for the leaſt blue the better, ſo it looks a little blue 'tis enough, you need not make any more at a time, for if you keep it above a week, it will make your muſlins look yellow; take your muſlins doubled as before, one by one in your left hand, and with your right ſpread the ſtarch, but not too thick; firſt on the one ſide and then on the other but not open it, them blue the fineſt heads firſt and then the thick heads for the ſtarch that comes out of the fineſt will ſtarch the thick ones, and the ſame ſtarch that comes out of the heads will ſtarch aprons, caps, handkerchiefs, neck-cloths, or turnovers, for thin ſtarch is beſt for them, becauſe they muſt not be too ſtiff.

When you have ſtarch'd the heads, lay them in the ſame earthen diſh kneading them with your double fiſt, till the ſtarch ſticks about your hands, then wringing them very hard, wiping them with a dry cloth; after that open them, and rub them very ſlightly through your hands.

To clap the heads; when you have opened them, and rubb'd them through your hands, take the two ends of the

lappits

lappits to the middle of the pinner, and ſo clap them between your hands altogether; clap them very hard, but waſh your hand, as often as you perceive any ſtarch or wet upon them; pull out the pinner very well with both hands, to you and from you, to prevent the fraying: Be ſure your hands are exceeding dry.

For if any of the ſtarch remain on the hands, it will fray the muſlin, ſo that you muſt waſh your hands twice in pulling out the length of a pinner, drying them very well, and as you pull them out, hold them againſt the light, to ſee if they are clapped enough.

But if you obſerve any thing that looks ſhining, that is the ſtarch, you muſt rub it over gently with your hands, but always dry, ſo that when they are clapped enough you will obſerve them to fly aſunder and not ſtick to your hands: But obſerve to clap very quick and very hard, for if you let them dry they will be limber: So that when you ſee no ſhining they are clapp'd enough; you muſt never clap them ſingle, for that frays and tears them, neither clap by the fire but in froſty weather, for that ſpoils the colour.

As for the ironing of plain heads, when you find they are clapp'd ſufficiently, waſh your hands, and dry them very well, pull them out, and take the two ends of the lappets, laying the pinner at length double on the board, as ſmooth and even as you can, and ſo on till you finiſh ſix pinners one upon another, then with your box-iron, iron the under one firſt; becauſe that is the drieſt, and ſhould be very dry, but not quite dry, that you may iron them even and prevent fraying: Let fine plain muſlin be ironed upon a clean ſoft woollen cloth: but if you have any that is coarſe or thick, you muſt firſt iron them upon a damp cloth, and then afterwards upon your ironing cloth- the wrong ſide.

For edged heads, when you find they are clapped ſufficiently, which will as eaſily be done as the plain heads, you muſt have a board the length of the pinner, with cloths nail'd round the edges thereof, very ſtreight upon your board, then pull out your pinner, holding it by the edging, with dry and clean hands leſt you fray it, then pin it down to the board; but let your pins be in the edging, for if you ſtick them in the muſlin, the holes will not come out; and by this rule you may pin down three or four pinners according as your board is in ſize; let them be pinned till they are quite dry, then pull out your pins; pick out the edgings upon the board, and take care that you pick out every li-

tle purl thereof and picking them well over, lay it upon a damp cloth, and iron it with an iron not too hot.

As for cambricks and lawns, in the waſhing and rinſing, do it as you do muſlins, but you muſt make a very thin ſtarch, but not water ſtarch, dip them in, and ſqueeze them out very hard, wipe them with a dry cloth very hard, and clap them very carefully, for they are very apt to ſlip; then fold them up, and put them into a dry clean pan when they are clap'd enough; if you touch them with any wet, it will leave a ſort of thick look, and ſo will alſo muſlins; you may iron them on a damp cloth like the muſlins, but not with too hot an iron and alſo iron them on the wrong ſide as you do the thick muſlins.

You muſt not ſtarch with ſtarch left from other heads; therefore take care and make freſh ſtarch as before, and ſee that the ſame be a very ſmall matter bluer than before directed.

As for hoods, aprons and turnovers, you muſt ſtarch them in a very thin ſtarch, which comes from the heads; but it muſt be thicker than water ſtarch, a ſmall matter of clapping ſerves them; but obſerve that they are clear, you muſt alſo put them out towards the gathers, to prevent the fraying them then put them out. Every way double them, and lay them on the board as even as you can, and let them lie till they arepretty near dry, then put them even and iron them on the wrong ſides; as to the turnovers, you muſt take the two ends of the neckcloths or turnovers exactly and beat them againſt the board to make the fringe ſtick out.

The beſt way of waſhing fringed heads, is to take the fringe off the head, and waſh it by itſelf in three lathers, the two laſt pretty blueiſh; then take a long bit of cleanboard, and wind it upon it, combing it as you wind it upon the board, then dip it in two or three clear pump waters, letting the water run off the right way of the fringe; put it as it is upon the board in two or three more dry clothes till it is dry.

Another way there is, though not ſo good, which is to waſh it as before, then ſo hanging it on a line to dry, and afterwards comb it, which makes them furze; it is the ſooneſt done this way, but it tears the fringe to pieces: As to the knotted fringes, you may waſh them as directed before, and then open them with a bodkin; in order to whiten them, you muſt boil them with powder-blue and ſoap and hang them up in the air.

If you waſh the fringe upon the heads; you muſt take a needle and pick out every fringe thread by thread, which is very tedious; but this way of waſhing them, will not be above three times as they will not laſt above three times.

As for laced heads, you muſt ſtarch only the muſlin on both ſides, but the pinner muſt be doubled; then gather up the lace in your right hand and put it in a dry cloth to keep it dry, ſo wring the ſtarch out of the muſlin with your left hand; for in clapping the head, it will make the lace ſtiff enough.

The ſame is to be done to ruffles, hoods, aprons, or very broad edgings.

But when you pin the lace to the board, pin in the middle of the lace, not at the edge, for it will tear the edging, and make it look all in nooks.

To do lace the beſt way, you muſt ſew tape to each ſide of the lace, then waſh it amongſt muſlins or others, or by it ſelf in three lathers; and if it looks not white, put it into warm butter-milk, and let it lie a day, then hang it up to dry; and if it is not white enough, you muſt put it into ſcalding hot butter-milk, and ſo let it lie till it is cold; then waſh it out in two or three lathers, according as you ſee occaſion; but the lathers muſt be very blue; when ſo done, rinſe it in pump-water very blue; after which take it out, and pin it upon your board by the tapes very even; then take muſlin the length of the lace, and dip it in water ſtarch, and ſo lay it upon the lace till it is dry; obſerve not to ſqueeze any of the ſtarch out of the muſlin, lay it as directed.

When the lace is dry take off the tapes; after which pick out the purls and the foot very tenderly.

If you open the purls, you muſt make a round hardiſh pillow, and lay the paper on it, with will ſhew the purls the plainer; afterward lay your lace upon the paper, and with a long ſlender needle, with a bit of wax at the head; ſo with very clean hands you may eaſily open them, if they are well picked out at firſt; after you have opened them, lay them upon the board, with a muſlin over them, and iron them with an iron not to hot.

To get up Child-bed Linnen: You muſt waſh them in three lathers, the two laſt very blue, and boil them in a very blue water, putting the clouts in firſt, ſoaping them as you put them in, then put your ſmall things in a pillow-bier, and put them in laſt; let them boil extraordinary well; then take the ſmall things out firſt, and waſh them thro, a

clean lather without blue: After which put them into pump-water; ſo likewiſe do your clouts, rinſe them out, and hang them up to dry; when dry, take them and waſh them again in a clean lather, and then give them a ſcald, but the ſcald muſt have no blue in it, afterwards let them ſtand all night; the next day rinſe them out in pump-water with blue in it; fold the clouts and plain things down, and clap them with your hands very hard, then hang them up in a clean place where no ſmoak may come at them, when dry take them down, iron them, and hang them to the fire to harden; when hardened iron them over again, and lay them up; as for caps, you muſt lay them in a dry cloth till they are half dry; then take a very thin ſtarch, and holding the cloth of the caps in a dry cloth, ſtarch only the muſlin; wring it out very hard with your finger and thumb, then wipe the muſlin with a dry cloth, and take hold of the caull of the cap and clap it; obſerve not to leave much ſtarch in the muſlin, becauſe it will make marks in the cap; let them lie till near dry, and then iron them on the wrong ſide.

To take out iron moulds, or ſtains of claret, ink, *&c.* out of muſlins, table linnen, *&c.* If your muſlins be iron moulded, take a chafing diſh of clear coals, ſet a plate over it, with ſome ſorrel in it, then put ſome ſalt upon the ſorrel and lay the ſtained place upon the plate; afterwards take ſome more ſorrel in a bit of muſlin, and ſqueeze the juice upon it; let it lie till it is very hot, ſo take the ſtained place and ſqueeze it very hard; then take freſh ſorrel and ſalt, and ſo uſe it as before, till the ſtain is gone out; the minute you ſee the ſtain got out, waſh it in three or four lathers, till it has done looking green.

If ſtained by claret, take milk the quantity that will cover the ſtains, warm it very hot, ſo lay it in three or four times for three or four days together, each time with milk, till the ſtains are quite out, (ſour milk will do as well as other.)

If ſtained by ink, lay them in freſh chamber-ly for three or four days together, rubbing them out every time you change the water, waſhing them the minute as before directed.

As to what is uſually put into ſtarch; as to the uſe of gum, it is commonly put in the water, when ſet on the fire, and ſo diſſolves.

The uſe of iſinglaſs is the ſame, only ſtrain the water firſt, before you put in the ſtarch. The alum is to be uſed the ſame way you do the gum; and alſo the mutton ſuet.

But

But for the uſe of candle, naſty ſluts ſtir it about before the ſtarch boils.

As to the uſe of any of the forementioned, none of them is of any general uſe but the allum, which makes the muſlins look very white and clear, and keep ſome thing longer; tho' a great many people, put nothing in the ſtarch, except thoſe that make it their buſineſs, becauſe they can clap a great many more heads: but the heads will wear a great deal longer without any thing put in them.

To clear the water where good water, is not to be had, take a pint of water in a ſauce-pan, ſet it over the fire, put into it a piece of alum about the bigneſs of a walnut, let the water boil; then take and pour it into a pan, which contains three pails of water, cover it over, let it ſtand 12 hours, by that time the thickneſs will ſettle to the bottom, and then you may waſh, make ſtarch, rinſe your muſlin, laces, or linnen, and they will do extraordinary well without doing any damage.

For the lace after the manner it is done in *Holland*, you muſt pick your lace off the muſlin, then take a clean piece of glaſs, and ſew a thick piece of muſlin over it, (but let the glaſs be ſquare) then roll the lace very even upon the glaſs, and between every roll ſoap it with ſoap; when it is all ſoaped and rolled up, take another piece of thick muſlin, and let it lie till the water is cold, which will ſoak out the dirt; then put it in a large ſauce-pan of water, and boil it, and let the lace be covered with the water ſo and boil it a little while, which do twice more; but in your laſt boil you muſt put in the water, ſoap and powder-blue enough to make a lather; when you have done boiling it, lay it in a dry cloth to ſoak out the ſuds, when you perceive the ſuds to be out of it, and it appears a little dry on the outſide rinſe it in two clear pump-waters, with blue in them, and lay it in a dry cloth as before, to ſoak out the water till it is almoſt dry; then lay it in ſtarch of a pretty thickneſs, and letting it lye a very little while, take it and wipe the ſtarch off on the outſide, then take it between your hands, and ſqueeze it not too hard to make the ſtarch come thro' to the glaſs, then ſet it againſt the ſun, or a clear fire to dry; becauſe if it is too long a drying, it will make it look yellow: let it be a little damp when you take it off the glaſs, or elſe if quite dry, it will ſtick one roll to another, and be apt to tear; then lay it on a clean dry cloth, and pull out the purls where you ſee occaſion; if your lace be new the purls will open; next ſew it upon the muſlin, and rub it open with a

warm iron, that it may not look tumbled; your lace will look as white as ſnow, and as like new as poſſible.

Some have done them on a board, but that makes them look yellow, and is apt to iron-mould them.

This is a very excellent way to do any fringes; but they muſt not be ſtarched.

White CLOVE WATER.

Take ſix quarts of proof ſpirits and three quarts of water, cloves, one dram, cortex Winteriana, three drams; pimento half an ounce; infuſe theſe all night, draw off the next day till the faints appear, and dulcify with three quarters of a pound of fine ſugar for uſe.

The beſt Red CLOVE WATER.

Take proof ſpirits, ſix quarts, cloves bruiſed, three drams, *Jamaica* pepper three quarters of an ounce, macerate them, and diſtil till the faints come down, and dulcify with brown ſugar, or treacle a pound and a quarter and colour it with elder juice, a quart or three pints, to the colour of claret wine.

Some allow, half an ounce of cloves, and a quarter of an ounce of carraway ſeeds, dulcifying it as above, and colouring it with red ſaunders or poppy flowers.

CLOVEN PESIL, a diſeaſe in lambs for which there is no other remedy but to keep them clean, till the lamb be big enough to kill, and to anoint it with tar, and then to kill him for he will at length dye.

CLOUTED CREAM.

Set a gallon of milk on the fire, let it juſt boil up, then put in a pint of cream, and when it begins to boil again, put it into a pan and let it ſtand three days; then take it from the milk in a ſkimmer full of holes and lay it in the diſh that you ſerve it up in, laying it high in the middle and a large handſome piece on the top to cover all the reſt.

For a Cow *that is* CLUE BOUND.

To half a pound of *Caſtile* commonly call'd caſtle ſoap and

and treacle and butter of each a like quantity; put theſe into three pints of ſoft water wherein chalk has been infus'd; when the whole is diſſolv'd and mixt give it to the cow in a morning before ſhe has drank, and keep her in the houſe till noon; repeat this again the next morning.

But if the cow is ſtill too much bound in her body or the medicine ſhould not operate give her ſome balls of butter and riff ſand.

To pickle CODLINS.

Let the codlins be but half grown and without ſpots, for if they are ſpotted they are commonly worm eaten; ſcald them in water till the ſkin will come off eaſily, then put them again into cold water, and a ſmall piece of alum, to green in a braſs pan over the fire; which they will ſoon do, if they are kept cloſe covered.

Some adviſe that the codlins be green but near to their full growth, firſt ſcald them in a ſoft water, till the ſkin will peel off, and then having made a pickle of vinegar and bay ſalt, allowing a large ſpoonful of ſalt to a quart of vinegar, a quarter of an ounce of ſlic'd ginger, three or four cloves of garlick, and a quarter of an ounce of white pepper; boil this in a braſs pan with a piece of alum as big as a horſe bean, for a quarter of an hour, and pour it hot upon your codlins, covering the mouth of the jar with a cloth, and let it ſtand by the fire ſide; boil the pickle till your codlins are as green as can be deſired, and when they are quite cold, cork them cloſe, and ſet them by in a dry place.

But there is one thing muſt however be obſerv'd in all picklings is; that if the pickles do not come to their fine green colour preſently by boiling often the pickle at firſt, yet by ſtanding three or four weeks, and then boiling the pickles a freſh they will come to a good colour and the pickles will keep the longer, when they are not brought to a colour too ſoon.

To pickle CODLINS *like* MANGO.

Firſt make a brine of ſalt and water, ſtrong enough to bear an egg; into this put a quarter of a hundred of very fair large codlins, at their full growth; but let them lie in this brine for nine or ten days, ſhifting the pickle every other day, then take them out and dry them, and ſcoop out the core neatly.

Take

Take out the ſtalk ſo whole and neat that it may fit in again, and if you do not put the ſcoop quite through, you may leave the eyes in; fill the apples in the room of the core with ginger in thin ſlices, and cut ſhort a clove of garlick, and as much whole muſtard ſeed as it will hold; put in the pieces and tie them up tight.

Let the pickle be made with as much, white wine vinegar as will cover them, with ſlices of ginger, cloves of garlick, and whole muſtard ſeed: pour this pickle boiling hot upon them every other day for 14 or 21 days.

Freſh COD *in a Ragoo.*

Scale the cod, boil it in water and vinegar; bitter lemon, bay leaves ſalt and pepper; make a ſauce with butter and fry'd flour, capers, oyſters and pepper; let it be white when it is ſerv'd up.

A ſalt CODS *Tail dreſs'd in a ſtew-pan.*

Scale it and take off the ſkin downwards, take off ſome ſlices of the fleſh and fill up the hollow places with good forc'd meat made with the fleſh of carps and eels, ſeaſon'd with ſalt, pepper, ſweet-herbs, all well minc'd together with butter and crumb of bread boil'd in cream, then draw the ſkin over it again, that it may retain the ſhape of a cods tail, ſtrew it with crumbs of bread, put it in a baking-pan, put it into an oven, let it have a good colour, and ſerve it hot.

If you would fry it, then put it in hot water without letting it broil that ſo it may be kept whole, drain it, ſtrew it with flour, and fry it in drawn butter, ſerve it up with lemon juice and pepper; or elſe with an anchovy and capers ſauce.

Salt COD *the Dutch Way.*

Let the fiſh be well ſcaled and the whiteſt that can be got; the ſalt being taken off; boil ſome ſmall carrots in water and put the cod cut into ſlices into it; when the cod is done diſh it up, and with each ſlice of cod two or three ſmall carrots.

Waſh and mince ſome parſly ſmall; put it into a ſauce boat, and alſo melted butter in another, you may alſo put muſtard into the butter (if you like it) ſerve it up hot.

To dreſs a COD'S HEAD.

Let there be ſix inches of body to the head, boil it in ſalt and water, with at leaſt a pint of vinegar, a bunch of ſweet-herbs, ſome onions cut in ſlices, and ſome cloves.

Let the head be ty'd with packthread before it is put to boil, when it is enough take it out, drain and diſh it up having the following ſauce ready.

Blanch what number of oyſters you pleaſe in their own liquor, then put them in a ſieve to drain and keep the liquor for making your ſauce, then put the oiſters into freſh water and lay them one by one to drain on the backſide of a ſieve.

Then put a pound of good butter into a ſtew-pan with a duſt of flour, a little nutmeg, ſalt, pepper and mace, a little vinegar and ſome of the oiſters liquor, parſly blanch'd and ſhred ſmall, and three or four anchovies cut, thicken the ſauce upon the fire, make it reliſhing and having put in the white of the oiſters, pour the ſauce over the cods head, and ſerve it up hot.

To dreſs COD *with Sweet-herbs.*

Boil the fiſh in white wine, ſeaſoned with ſalt, pepper, bay leaves, fine ſpies, ſweet baſil, thyme and when it is boild diſh it, with a ſauce over it, ſtrew crumbs of bread on the top and bake it.

Let the ſauce be made with butter, ſalt, pepper, a little nutmeg, a little vinegar, the yolk of a couple of eggs; thicken it upon the fire, and pour it over the fiſh, and ſerve it up hot.

To Fricaſſee COD.

Take the ſounds roes, *&c.* of ſeveral cods, ſplit them and ſcrape them well, blanch them and put them in freſh water, waſh them clean and cut them into ſquare pieces about the bigneſs of the end of a thumb.

Then having put ſome butter into a ſtew-pan, toſs it up with an onion or two cut ſmall, afterwards put in your pieces, and give them two or three toſſes; then put a little flour over them and moiſten them with a little fiſh broth, ſeaſon'd with ſalt, pepper, fine ſpice, ſweet-herbs, and let it ſtew gently.

When

When it is enough, thicken it with the yolks of eggs, parſly cut ſmall, a little vinegar or verjuice, and ſerve it hot.

To dreſs a COD'S HEAD.

Waſh it and pick it very clean; tye it up tight with a broad filleting, to keep it together; ſo as to come out as whole as may be.

Boil it in a pint of vinegar and the reſt water, enough to cover it; put in three onions quartered; whole pepper, mace and ſweet-herbs; and when it boils put in a handful of ſalt; if the ſalt were put in at the firſt it would be apt to diſcolour it.

When you have ſcum'd it clean and it taſtes well of the ſpice; put in the head, and let it ſimmer at leaſt for half an hour; then take it out and place it on a diſh, ſetting it over a chafing diſh of coals to drain very dry; prick the eyes and other parts to let out the liquor, ſoaking up all the liquor with a ſponge.

For the ſauce take a pint of water, half a dozen anchovies, a large onion, four or five blades of mace, ſome whole pepper, and a nutmeg, a bit of lemon peel and ſome horſe-radiſh if you like it; when the anchovies are diſſolv'd then ſtrain off the liquor and add to it the liver of the cod bruis'd; the body of a lobſter and not leſs than a pound of very good butter, that it may mix and be all of a colour add the juice of lemon or vinegar; the reſt of the lobſter cut in dice; ſome ſhrimps and oiſters fry'd and ſcalded and fry'd flattiſh round the head.

COFFEE. Many virtues are aſcrib'd to this berry; firſt that it relieves thoſe that are dropſical by a quality it has to purify the blood, and therefore cures the itch, reſiſts the ſcurvey moderates the heat of the heart, and the frequent palpitation of it; it is of a drying quality and is good for thoſe who are too fat and purſy; it ſtrenghtens the liver, and expels wind. It comforts the ſtomach, whets the appetite, removes the obſtruction of the ſpleen and bowels; ſuccours the worm and forwards womens menſes.

Coffee is alſo good for all the cold diſpoſitions of the brain and defluxions that fall upon the lungs; helps digeſtion, revives the ſpirits, and rejoices the heart.

Its vapours receiv'd into the eyes ſtop the defluxions of them.

An excellent recipe for the cure of COLDS.

Take half a dram of venice treacle, powder of ſnake-root 12 grains, powder of ſaffron 6 grains, volatile ſalt of harts thorn four grains, of ſyrup of clove gilliflowers, a quantity ſufficient to make a bolus.

Take this when you are going to reſt, and drink a large draught of large mountain wine whey after it, or you may drink treacle poſſet drink.

As for ſuch conſtitution as cannot be eaſily provok'd to ſweat, the opening of vein or a gentle purge will be of ſervice.

To make COMFITS *of various Sorts.*

Whatſoever your ſeeds are, either let them be dry, or dry them well upon the ſide of your hanging baſon.

For every two ounces of ſeeds uſe a pound of fine ſugar beaten; except aniſeeds which uſe but half the quantity.

At the beginning of this work, put into the baſon half a pint of water, and a pound and half of ſugar, or proportionable according to your quantity of ſeeds, ſtir it well together till the ſugar is wet, then boil it gently till the ſugar will rope from the ladle like turpentine and then it is enough.

But keep it warm, over warm embers, that it may run freely in a ropy way from the ladle upon the ſeeds.

When this is ready, move the ſeeds briſkly in the baſon, flinging on them half a ladle full of hot ſugar at a time keeping conſtantly moving the ſeeds for ſome time, which will make them take the ſugar the better, and be ſure to dry them well after every covering, by moving the baſon and ſtirring the comfits.

Thus you may ſugar ſeeds to the quantity of three pound of comfits in an hours time. You are continually to keep caſting ſugar on them till they are as large as you would have them, and dry them well after every coating of ſugar.

If you would have your comfits ragged or rough, make the ſugar ſo liquid that it will run from the ladle, and let it fall upon the ſeeds half a yard high.

Let it alſo be very hot for the hotter the ſugar is, the rougher the comfits will be. Put on at each time, but only one ladle full of ſugar, and repeating this ten times, the comfits will be cooled perfectly.

The melted ſugar ought not be too hot nor too thick at firſt for plain Comfits; nor hold not the ladle too high in pouring

it

it on the ſeeds; but the laſt two or three coverings may be thicker and hotter.

As for coriander ſeeds which are large, a quarter of a pound of them will take up three pounds of ſugar.

While you are at work, you muſt take care to keep the melted ſugar in good temper, that it may not gather into lumps or burn to the bottom of the pan; and if you perceive it to grow too thick at any time, put to it a ſpoonful or two of water, ſtirring it gently now and then with your ladle, and let the fire be kept very clear under the pan.

When the comfits are finiſhed, lay them on papers in diſhes, and either ſet them before the fire or in a cool oven, this will make them as white as ſnow; and when they are cool put them either in cryſtal glaſſes or boxes, and keep them cloſe ſtopt from the air and in a dry place.

To make Comfits of various Colours.

If you would have the comfits *red* infuſe ſome red *Saunders* in the water, till it is of as deep a colour as you deſire it; or if you pleaſe *Cochineal*; or ſyrup of *Mulberries*.

If *green*, boil the juice of ſpinage with the ſugar.

If *yellow*, put ſaffron in the water that you mix with the ſugar.

For a CONSUMPTION *a good Drink.*

Take St. *Johns* wort, the great daiſy flower (call'd ox-eyes) and ſcabious, of each a handful, boil theſe in two quarts of ſpring-water, till it be waſted to one half, then ſtrain it and ſweeten it with clarified honey to your palate; take a quarter of a pint of this in half a pint of new milk; making the liquor juſt milk warm, and take it in a morning and at four in the afternoon.

This drink is highly commended, and alſo upon long experience.

A Powder for the ſame.

Take 10 or 12 dozen of the ſmalleſt grigs, wipe them very clean and bake them in a well glazd earthen pot all night, and ſet them into the oven again till they are ſo dry, that they may be powdered, then pound them to a very fine powder of which take as much as will lie on an half

crown

crown three times a day, drinking with it a glaſs of old *Malaga or Canary*; this is a great reſtorative.

For Sweating in the Night in a CONSUMPTION.

Drink a glaſs of tent or old *Malaga* with a toaſt every morning early, and ſleep an hour after it.

This is good for conſumptive perſons or ſuch as are weak in recovering after a long ſickneſs.

SNAIL *Water for a* CONSUMPTION.

Take half a peck of ſhell-ſnails, wipe them and bruiſe them, ſhells and all in a mortar; put to them four quarts of new milk; as alſo balm, carduus, hyſſop, burrage, unſet hyſſop of each one handful; raiſins of the ſun ſton'd, dates and figs of each a quarter of a pound; ſlice all theſe and put them to the milk, and diſtil them in a cold ſtill with a quick fire.

Theſe ingredients will yield near four quarts of diſtill'd water very good.

Into every quart bottle, put two ounces of white ſugar candy; and let the water drop on it, while it is diſtilling ſtir the herbs now and then, and keep it covered on the head with wet cloths.

The doſe may be five ſpoonfuls at a time faſting in the morning, at four in the afternoon and going to bed.

For CONVULSION FITS.

Mix ſimple pœny and black cherry water in equal quantities, the quantity of a draught, into which for a child, put of ſpirits of hartshorn five drops, if for a woman 20; if for a man 30.

Another for the ſame.

Infuſe turneps in a pot cloſe ſtopp'd, and ſet it into a kettle of water, and boil it till they are tender enough to ſqueeze; then take the liquor clear from them; of which take three ſpoonfuls with one ſpoonful of old rich *Malaga* this ſeldom fails in children, and has cur'd the falling ſickneſs in grown people.

Another for the ſame.

Take a quart of ſmall black-cherry-water and four pound of black cherries, ſtones and all, but only bruis'd in a mortar: put theſe with the water into an earthen jug, adding eight tops of ſpearmint, and four blades of mace; then having ſtopp'd the jug cloſe, ſet it into a kettle of water; ſet it on the fire, let it ſimmer for three hours, then ſtrain it out, and boil it to a ſyrup with a pound and half of *Lisbon* ſugar to each pint of liquor.

An admirable Method for CONVULSION FITS.

Take onion and black pepper of each an equal quantity, ſtamp them pretty ſmall and lay it to the ſoles of the patient's feet, letting it lie there for ſeven hours, let him or her not take any thing during that time; only if it be a child anoint the wriſts, palms of the hands and temples with mithridate, and if a man or woman with ſpirit of amber.

Between the fits give black-cherry-water, ſweetened with the ſyrup of male piony, and ſyrup of clove-july-flowers, and for a week after the fit give it them conſtantly twice a day; let it wear a necklace of male piony-root about its neck.

Another for the ſame.

Give a Child five or ſix drops of the kings drops or ſpirit of harts-horn in two ſpoonfuls of black cherry water, ſweetened with the ſyrup of male piony; repeat this whenever you ſee a fit coming, and twice a day before and after every change of the moon; purge the child once in 10 days or a fortnight, with a ſpoonful or two of ſyrup of rhubarb or with manna, after the following manner.

Diſſolve an ounce of rhubarb in four ounces of barly water, ſtrain it and give the child two ſpoonfuls at a time, every third hour, till it begins to work: then forbear and give it thin chicken broth or water gruel in the working, the child may be purg'd thus before the drops are given: if the child ſtart or grow pale, that you apprehend a fit is coming on, lay a bliſter behind and below the ear, and give it a gliſter of milk and ſugar and a few camomile leaves, and anniſeeds and as much diaſcordium as a ſmall nutmeg, then ſtrain and give it; if you purge with the manna, add to it an ounce of ſweet almonds new drawn, which mix well with the barly

water

water and manna that it may work off ſmoothly and take off all gripings.

A Powder for CONVULSION FITS.

Take of miſletoe of the oak one dram, of piony roots two drams, white amber prepar'd, coral prepar'd and pearl prepar'd of each half a dram; of bezaor two grains, to theſe add five leaves of gold; reduce all theſe to a very fine powder, and give to a child a month old as much as will lie upon a three-pence, and proportionable to an older, mixt in a ſpoonful of black-cherry-water, ſweetened with ſyrup of black cherries.

Give it three days ſucceſſively at every change of the moon to prevent returns.

COQUELUCHE a cough which moſt frequently ſiezes young children, and is caus'd by a ſalt flegm that falls from the brain, and by fumes from the belly but oftener by ſharp and ſubtil blood; as ſoon as it ſiezes them, they fall into fits, and are all in a muck ſweat, and ſeveral have died of it for want of preſent relief; but to prevent that fatal accident,

Take two ounces of the ſyrup of white poppies, one ounce of brandy, two ſpoonfuls of the decoction of mint or horehound and mix all together, and give the child by intervals, but more particularly at night when it goes to bed.

GOLDEN CORDIAL.

To a gallon of the beſt *French* brandy add two ounces of ſpirit of ſaffron, and two drams of the confection of *Alkermes*, and one dram of the oil of cloves, one pound of double refin'd ſugar, and one grain of muſk, and the ſame quantity of ambergreaſe.

Mix the confection of *Alkermes* in a marble or glaſs mortar with a little of the ſaid brandy, and incorporate the oil of cloves with the ſugar by dropping it thereon, and grinding them together; then putting the brandy into a wide mouth'd bottle with the reſt of the ingredients, ſhake them together and cover the mouth of the glaſs with a wet bladder and leather, ſhaking the bottle every day.

Then ſuffer the liquor to ſettle and paſs it through a jelly bag, let it ſtand ſome time and decant off the clear liquor, and into every quart put three leaves of gold.

If the colour be not high enough, you may make it of a

beautiful gold colour by hanging a little ſaffron in the bottle; this is a very rich cordial.

COSTIVENESS.

Preſerve green walnuts before the ſhell is hard, after they have lain a day and a night in water, having been firſt prick'd full of holes; boil them and ſhift the water often till they are tender; ſtick in each a bit of candy'd, orange-peel and take their weight in good *Lisbon* ſugar; boil them up and take two or three or four of theſe, when you are going to reſt.

They are a gently, wholſome and certain purge, and help a coſtive hot habit of Body.

Another.

Roaſt apples, and eat them with carraway comfits every night.

Another.

Take a ſpoonful of ſyrup of peach bloſſoms, in a glaſs of the water diſtill'd from the leaves, or in which the leaves and wormſeed have been decocted, and this laſt will alſo be a ſafe and certain remedy for worms in children.

Another.

Having in the ſpring made a good quantity of wood-ſorrel-water, ſweeten it with ſyrup of violets.

An ounce of ſyrup to a quarter of a pint of water is a doſe for any body, and may be taken with ſafety in a fever or lying in, but a leſſer quantity will ſerve a child.

Another.

Boil a few mallows in a porringer of water gruel, ſtrain it out and inſtead of ſalt, put in a pugil of cream of tartar; let this be the mornings draught.

COUCH-GRASS, the root of this plant being pounded and apply'd is good for wounds; the decoction being drank cures the griping of the guts, difficulty of making water, and the bloody flux, and even expels the excrementitious parts

parts that breed the ſtone: the leaves promote urine, and ſtop vomiting and looſeneſs. It is us'd in the obſtructions of the liver, ſpleen, ureters, and ſpitting of blood.

It is good us'd outwardly to allay the head-ache, and for inflammations and the influctions of the eyes.

For a COUGH.

Boil elecampane roots very tender, then pulp them thro' a ſieve; then take as much of the pulp of coddled pippins, and if there be a pound weight of both together, boil it in a pint and half of clarified hony for half an hour; then take an ounce of powder of liquorice, and as much powder of anniſeeds; mix all theſe well together, and take of it a dram in a morning, in the afternoon and at night. This is alſo an excellent medicine in an aſthma and ſhortneſs of breath.

Another.

Take a quarter of a pound of the leaves of colts-foot, pound it in a mortar to a perfect conſerve with two ounces of brown ſugar-candy, two ounces of raiſins of the ſun ſton'd; when it is fine and well mix'd, add two ounces of conſerve of roſes, and 10 drops of ſpirit of ſulphur, and five of ſpirit of vitriol; mix all theſe well together, and take the quantity of a large nutmeg as often as you pleaſe.

But it ſhould ſeem that the juice of the coltsfoot mixt with the ſugar-candy would be better than the leaves.

Another.

Take a large lemon, roaſt it without burning, and when it is thoroughly hot, cut and ſqueeze it into a cup upon three ounces of ſugar-candy finely powdered; of this you may take a ſpoonful, whenever the cough is troubleſome.

Another.

Mix an ounce of ſyrup of poppies with an ounce of ſyrup of red roſes, and of this take a ſpoonful for three nights when you go to bed.

Another.

Make tea of alehoof very ſtrong, ſweeten it with ſugar-

candy, then pour it upon a white toaſt well rubb'd with nutmeg, and drink it the firſt thing in the morning and the laſt at night.

For a conſumptive COUGH.

Beat and ſift a pound of double refin'd ſugar; wet this with orange-flower-water, and boil it up to a candy height, then ſtir in two ounces of caſſia earth reduc'd to a fine powder. If you love perfume, you may add a couple of grains of ambergreaſe, which will be very good; drop this in ſmall cakes on a mazarine diſh that has been buttered and wip'd.

This has cur'd thoſe that have ſpit blood.

For a CHIN COUGH.

Dry ſome box-tree leaves very well, and pound them to a powder, and ſift it fine, and give it the child in whatſoever it eats and drinks in which it can be diſguis'd.

It is an excellent remedy.

An Electuary for a COUGH.

Take of ſyrup of horehound, white poppies and ground ivy of each two ounces, ſperma ceti a dram, crabs eyes, two grains, mix and pound them very fine; of theſe take a ſmall ſpoonful at any time the cough troubles you and alſo when you go to bed.

Another, a pleaſant Medicine for the ſame.

Coddle a large lemon in water as you ſhould do an apple over a gentle fire, ſo that it may not burſt, as it will be very apt to do, if the fire be fierce, when it is grown ſoft take it out, cut it and take out the piece and ſoft pulp from the ſeeds, ſtrings and rind; to this pulp add an ounce of ſugar finely pounded, two ounces of oil of ſweet almonds, and an ounce of ſyrup of poppies; mix all well together and take of it a large ſpoonful when ever the cough troubles you.

For a dry Husking COUGH.

Drink a pint of ſpring-water as hot as you can, at night going to bed.

This tho' it ſeems but a triffling remedy has far out done the expectations of thoſe that have try'd it.

A Syrup for an old COUGH.

Take maiden-hair, liquorice and dry'd hyſſop, of each an ounce, and one grain of anniſeeds; infuſe theſe in a quart of ſpring-water for 24 hours, then ſet them on a gentle fire and boil them, till one half be waſted, ſtrain it out hard, and add to the liquor three quarters of a pound of clarified honey, and as much right white wine vinegar, as will make it pretty ſharp; then boil it again, till it comes to a thick ſyrup, and keep it for uſe cloſe ſtopt.

If you drop in a drop or two of oil of cinnamon, it will not be amiſs.

This is an excellent medicine to be taken in the morning and at going to bed.

For a conſumptive COUGH.

Take marſh mallows and comfrey roots dry'd, of each ſix ounces; ſcorzonera and orange root candied, of each four ounces, cut all ſmall and mix them well together; then divide them into ſeveral parts, that is an ounce on each paper; which put into a quart of ſpring-water, boil them gently and then add a pint of milk, and continue boiling it till the three pints comes to a quart, let it ſtand to cool, and drink half of this at a time twice a day for ſome time.

For a pleuritick COUGH.

Take four ounces of oil of turnep-ſeed, newly drawn, ſyrup of maiden-hair, and lemons of each an ounce, ſyrup of violets two ounces; beat all theſe with two ounces of ſugar-candy; of this take a ſpoonful as often as you can, mixing it well when you take it, being apt to ſeparate.

Oil of turneps can eaſily be had and exceeds all other oils that can be drawn.

For WHOOPING COUGHS *an excellent Remedy.*

Take leaves of dry'd coltsfoot a good handful, cut them ſmall and boil them in a pint of ſpring-water, till half of it is boiled away, then take it off the fire, and when it is almoſt cold, ſtrain it thro' a cloth, as dry as you can, and throw the herbs away, and in the liquor diſſolve an ounce of brown ſugar-candy, finely powdered, and give a child (of about three or four years old, and ſo in proportion) one ſpoonful of it cold or warm, as the ſeaſon is, three or four times a day (or oftener, if the fits of coughing come frequently) till it is well, which will be in a few days: for it will preſently almoſt abate the fits of coughing.

This medicine likewiſe is very helpful in ſhortneſs of breath and in the *Aſthma* and *Phthiſick*; it is alſo good in waſtings or conſumptions of the lungs by reaſon of its ſmooth, ſoftening healing qualities, even where the perſon did ſpit blood, and had a rawneſs and ſoreneſs in the paſſages, with a hoarſeneſs, *&c.* in blunting the acrimonious humours, which in ſuch caſes are almoſt continually dripping upon them.

N. B. Grown people may make it ſtronger than for children, the herb ought to be of the ſame years growth and drying in which you uſe it, and the larger the leaves are, as being fuller grown, the better.

It will be beſt to make it freſh as you uſe it, and not too much at a time, eſpecially in warm weather.

COWS. In chuſing cows make choice of ſuch as are tall, long bodied, have large udders, broad foreheads, fine and ſmooth horns, and alſo that are young, for when they are paſt 12 years old, they are not good for breeding.

The country people commonly judge, that an old cow gives more milk than a young one; but this does not ſeem to be always agreeable to reaſon or experience.

You ought not to let a cow go to bull before ſhe is three years old; if a cow happens to be with calf before, the calf ought to be put from her, and ſhe muſt be milk'd for three days after, leſt her udders be ſore; afterwards forbear milking.

In many places they put the cow to bull about the end of *July* that they may calve in the *March* or *April* following.

To order ſome ſo that they may have plenty of milk, let them go to bull from ſpring to winter, and by ſo doing you will always have ſome to milk.

A cow commonly conceives at one bulling; but if ſhe chance to fail, ſhe will go to bull again in 20 days after.

If you have good ſtore of paſture, you may let your cows go to bull every year; but you muſt have regard to the ſtate of them that thy are not too fat when they go to bull, or during the time they are with calf; in order to this it will be proper to keep the cow in ſhort paſture, while ſhe goes with calf; but no paſture can be too good for a bull to make him ſtrong and vigorous.

Some adviſe in order to make a cow ſtand to the bull to ſtamp the root of ſquills or ſea onions in water, and to rub her under the tail therewith.

A cow will give ſuck to a ſtrange calf; but the calf ſhould not be ſuffered to lye with her all night for fear of overlaying them.

COWS. It is to be obſerv'd that ſome grounds will never produce good butter; nor will others produce good cheeſe, altho' there be the beſt management in the dairy, again there is one ſort of cattle which tho' they be fed with the fineſt graſs and beſt paſture will never yield a rich milk for butter in any paſture: and eſpecially if the cows feed upon crow garlick, alliaria or ſaxifrage. If cows feed upon ſhort fine graſs, there will be more cream in the milk than if they feed upon long rank graſs, tho' the long rank graſs will give more milk than the ſhort; but the butter will not only be leſs but alſo worſe.

Again the milk of one cow ſhall give richer and better butter than the milk of others; tho' they all feed on the ſame paſture, and ſo that the milk of one cow ſhall inrich the butter made of the milk of nine or ten other cows; and will make the butter of a rich yellow colour, full of fatneſs, when the others will only produce a pale lean butter: but all together will be good.

A COW SPICE.

Take anniſeeds, cummin-ſeeds, liquoriſh and turmerick of each two ounces; coriander-ſeeds and grains of each half an ounce; pound or grind them ſmall and mix them together; you may add alſo two ounces of madder finely ground and put it up in open mouth'd bottles ſtopp'd with glaſs ſtopples to preſerve them from the air and ſet them in a dry place, it will keep good a year or two.

You may give a cow, *&c.* three large ſpoonfuls of this

in a quart or three pints of ale wort made warm or ale that is free from yeaſt.

When you uſe this, you may add a little butter and treacle, give it in a morning to the beaſt faſting, not ſuffering it to drink for five or ſix hours after.

A Freſh or green Wound in a COW.

If a cow or bullock happen to be ſtaked or wounded any other ways.

Take hogs lard rendered fine ſix ounces, hony an ounce and half; bees wax and roſin, of each half an ounce; ſtir theſe over a gentle fire till they are melted; then add ſix or ſeven ounces of turpentine, and when that is well mix'd take it off the fire and ſtir in about ſix drams of verdegreaſe finely powdered, till the ſalve is almoſt cold.

Alſo ointment of tobacco is of excellent uſe upon this occaſions.

To dreſs a COW-HEEL.

Take out the bones, clean it, cut it into pieces, waſh it and flour it, ſtrew over it a little ſalt and pepper, then fry it brown in hog's lard having firſt made it hot in the pan.

Having firſt prepar'd ſome ſmall onions boil'd whole till they are tender, taking off the coats or ſkins till they appear white; make a ſauce of gravey, ſome white wine, nutmeg and a little whole ſpice with a little ſalt and pepper, and thicken with burnt butter.

Having peel'd the onions, make them hot in milk and lay them whole in the diſh with the cow heel and pour the ſauce over the whole.

To CANDY COWSLIPS *Orange-flowers in Bunches or Green.*

Firſt ſteep gum-arabick in gum-water, then wet the flowers with it, and ſhake them in a cloth that they may be dry; then dip them in fine ſifted ſugar, and hang them on a ſtring ty'd croſs a chimney in which a fire is kept; let them hang two or three days till the flowers are dry.

To make COWSLIP *Wine.*

To three gallons of wine, put ſix pound of ſugar; boil them for half an hour, and as the ſcum riſes take it off, then ſet the liquor to cool, and when it is quite cold, take a ſpoonful of the beſt ale-yeaſt and beat it well with three ounces of ſyrup of lemon; mix them very well with the liquor, and then put into it a pound and three quarters of the yellow part of the cowſlip, cut from the ſtalks; but you muſt uſe no other part; let theſe infuſe and work for three days in an earthen veſſel, cover'd with a cloth; then ſtrain them and put the liquor into a clean dry caſk, and let it ſtand to ſettle three weeks or a month before you bottle it.

Another Way.

To every gallon of water allow three pounds of ſugar; boil them for an hour and take off the ſcum as it riſes, then pour the liquor boiling hot upon the pick'd cowſlips (the quantity of two gallons to each gallon of liquor) cover up the veſſel immediately with cloths, and let them infuſe for 24 hours; then ſtrain off the liquor from the flowers, and add a lemon or two to each gallon, with a little of the peel, pared thin and ſhred.

Put ſome new ale yeaſt to it, to ſet it a working; and when it has done, put the clear into a caſk; but not the ſettlings, and let it work, and when it has done ſtop it up and let it ſtand for a month; then draw it off into a freſh veſſel and put into it a pound of loaf ſugar and two penny-worth of iſinglaſs, then let it ſtand for a fortnight longer and bottle it.

Tho' ſome perſons keep the flowers in the liquor for a months before they draw it off, 24 hours is ſufficient for theſe or any other flowers, indeed a too long infuſion does generally give an ill taſte and diſagreeable reliſh to the liquor.

To make CRACKNELS.

Put two pound of butter to two quarts of flour, grate a nutmeg; beat the yolks of eight eggs with eight ſpoonfuls of roſe-water, put the nutmeg and eggs into the flour, and make it up into a ſtiff paſte with cold water; then roll in the butter and make them into the form; put them into a kettle of boiling water; and when they ſwim take them

out

cut and throw them into cold water; and when they are hardened, lay them out to dry and bake them on tin plates.

CRAMP a diſtemper in ſheep, the cure of it is to boil cinquefoil or five leav'd graſs in wine and give it the ſheep warm to drink, and to chafe their legs with oil and vinegar.

To dreſs CRABS.

The crabs being alive, boil them for about half an hour in a kettle with ſalt and water; when they are done take off the kettle, let them be cold, then take off their great ſhell to open them and put it on again; break their great claws and take off their little ones.

Lay a folded napkin in a diſh, place the crabs in the middle with the broken claws round them.

Garniſh the diſh with parſley and ſerve it up.

To dreſs CRABS *after the Engliſh Faſhion.*

Having boil'd crab fiſh as before, take off the great ſhell without breaking it, and take out the fleſh of their bodies, and alſo that of their great claws, and mince it well.

Then having put ſome butter in a ſtew-pan with chibbols, parſly and muſhrooms ſhred ſmall, fry them a little on a ſtove, and then put in the minc'd crab-fiſh with ſalt, pepper, ſweet-herbs, and half a glaſs of white wine; let all theſe ſtew very gently, and when done thicken the ſame with a bit of butter, dipt in fine flour or with ſome cullis.

Having made this reliſhing, mix the juice of a lemon with it, and with it fill the ſhells of the crab-fiſh.

Then place theſe fill'd ſhells in a baking-pan, ſtrew ſome crumbled bread over them, ſet them in an oven to give them a colour, and ſerve them up.

CRAY-FISH *Soop.*

Having procur'd as many cray-fiſh as will ſerve for your deſign, boil them in ſalt and water, taking off the ſmall claws and the ends of the great ones; pick their tails and garniſh your diſh towards the middle with the ends. Pick the reſt very clean and pound the ſhells.

Then having a carp, ſcale, waſh and cut it into quarters, then ſet a ſtew-pan over the fire with butter and onions cut in ſlices, put in the carp over it, and when it is a little coloured,

loured, moiſten it with your ſoaking broth, ſeaſon it with cloves, ſlices of lemons, muſhrooms, ſweet baſil, parſly and a few crumbs of bread. Let the cullis be reliſhing, take out the carp and onions, and being mixt with the pounded ſhells, ſtrain off the cullis, put it in a little kettle or ſauce-pan to keep warm.

Then put the cruſt of a loaf in a ſtew-pan, with ſome ſoaking broth, let it ſoak a while, diſh it up with the cray-fiſhes; lay a large cruſt in the middle, pour the cullis over it and ſerve it up hot.

A Cullis of CRAY-FISH.

Take ſmall cray-fiſh, waſh and boil them in a little water with onions cut in ſlices; ſeaſoned with ſalt, pepper, a little thyme, parſly and a ſprig of ſweet baſil, when the cray-fiſh are enough, take them out and pick them.

Reſerve the tails for any other uſe you pleaſe, and pound the remainder with the ſhells.

Then put ſome butter into a ſtew-pan with three or four ſlices of onion, a carrot cut into ſlices and a parſnip, toſs them up in the pan two or three times, moiſten them either with fiſh broth or ſoaking broth.

Then put crumbs of bread in it, ſeaſon it with parſley, chibbol, a ſprig of ſweet-baſil, half a lemon peel'd and cut into ſlices.

Some of the general cullis us'd with fiſh may be put in; make the cullis reliſhing and take out the roots with a ſkimmer, mix the cullis with the pounded cray-fiſh and ſtrain it preſently.

CULLIS *of* CRAY-FISH *for Soops.*

Pound cray-fiſh ſhells well and having put butter into a ſtew-pan with ſlices of onions, carrots and parſnips, toſs them up well over the fire, moiſten them well with ſome good fiſh broth, and ſeaſon them with ſweet baſil, chibbol and parſly, half a lemon peel'd and cut into ſlices and ſome crum of white bread.

The cullis being reliſhing take out the roots, mix it with the pounded craw-fiſh ſhells, ſtrain it immediately, keep it warm in a little kettle.

This may be us'd with all ſorts of ſoop, in which cullis of cray-fiſh is uſed.

A Ragoo of CRAY-FISH, *for a Fleſh Day.*

Pick your cray-fiſh, put their tails on a plate with ſome ſmall muſhrooms, ſome ſlices of truffles and a bunch of ſweet-herbs; ſeaſon all with ſalt and pepper, and fry it a little with melted bacon or butter, in a ſmall ſtew-pan, moiſtening it with ſome gravey, letting it ſtew over a gentle fire, when it is enough take off the fat, and thicken it with ſome cullis of cray-fiſh; ſet it on hot aſhes; but do not ſuffer it to boil, leſt it ſhould turn.

You may alſo, if they are in ſeaſon, put therein ſeveral heads of aſparagus and artichoke bottoms.

When the Ragoo is enough, diſh it and ſerve it hot.

This Ragoo is to be uſed in all ſorts of diſhes with cray-fiſh.

A Ragoo of CRAY-FISH *for Fiſh Days.*

Having firſt boil'd the cray-fiſh, pick them, laying their tails on a plate, with ſmall muſhrooms and truffles cut into ſlices.

Put all together into a ſtew-pan with a little ſalt and pepper, and give them a ſhort fry in ſome butter; moiſtening it with ſome fiſh broth, let it ſtew on a gentle fire; when the ragoo is done and reliſhing take off the fat, thicken it with a cullis of cray-fiſh, diſh it up and ſerve it hot.

This is to be us'd in all ſorts of diſhes with cray-fiſh on fiſh days.

CRAY-FISH *or* PRAWN SOUP.

Take half a dozen of whitings, a large eel and half a thornback and having clean'd them, put them into a pot with as much water as will cover them; after you have ſcummed the pot clean add whole pepper, ginger, mace, thyme, parſly and an onion ſtuck with cloves, and a little ſalt, and let all boil to maſh; then half an hundred of cray-fiſh or 100 of prawns, take off the tails and pick out the bag, and all the woolly parts that are about the body; put all into a ſauce-pan with water, and vinegar, lemon, ſalt and a bunch of ſweet-herbs; ſet them over a gentle fire and let them ſtew, and when they are ready to boil, take out the tails and ſet them by ſafe; but beat all the other ſhells in the little liquor they were ſtew'd in; beat theſe together with a *French* roll till the ſhells are become very fine; when all the good-

neſs

neſs has been waſhed out with their own liquor; pour the other fiſh liquor through the ſhells, and ſtrain all clean from the fiſh and grit, then having ready a large carp, ſtewed, lay it in the middle of the diſh, add the body of a lobſter to the ſoup, and ſome ſtrong gravy and burnt butter; heat the tails of the cray-fiſh in the ſoup, and pour all over the carp.

CHOCOLATE CREAM.

Break half a pound of chocolate into half a pint of boiling-water; mill it, and boil it till all the chocolate is diſſolv'd, than put to it a quart of cream, and four eggs well beaten; make it boil, and keep milling all the time, let it ſtand to be cold, and then mill it again that it may go up with a froth.

CREAM.

Sweet and new cream will make very pleaſant butter for ſpending; and if it ſtand till it is ſour, the butter will be very good, and keep longer, if it be not overheated in the churn; but if it once grow bitter, it is good to ſpend it preſently, for it will ſoon decay.

At the fall of the leaf, and in cold weather, cream will turn from ſweet to bitter; and the reaſon is generally ſaid to be, becauſe the cattle eat the leaves.

But be that how it will, the beſt way to prevent bitterneſs, is by ſetting the milk a leſs time, and churning oftener.

STONE CREAM.

Boil in a quart of cream a blade of mace and a ſtick of cinnamon; put in eight ſpoonfuls of orange flower-water; ſweeten theſe to your palate; boil it till it is thick, then pour it out, keeping it ſtirring till it is almoſt cold; then put in a ſpoonful of rennet, and put it into cups or glaſſes; make it three or four hours before you uſe it.

Remarks upon CREAM.

When the cows go firſt to graſs, as in *April*, if a new milch cow give 12 quarts a day *Wincheſter* meaſure, it is accounted a good milking; and if this milk be well ſkimm'd,

it

it yields about a ſixth part, or two quarts which will make near two pound of butter.

A very thick RAW CREAM,

Take a couple of trays, keep them boiling hot; and put the milk into one of the trays covering it with the other, and let it ſtand till the next day, when you will find a very thick cream.

FRY'D CREAM.

Having firſt butter'd your ſauce-pan, ſet it on the fire with a quart of new cream, the yolks of ſeven eggs, a bit of lemon peel, two ſpoonfuls of ſack, as much orange-flower-water and a nutmeg grated; keep ſtirring all the while it is on the fire with a little whiſk, and while you are ſtirring ſprinkle in flour very lightly, till it is thick and ſmooth; when it is boil'd enough pour it out upon a cheeſe-plate or mazarine; ſpread it with a knife exactly even about, half an inch thick, then cut it into diamond ſquares, fry it in a pan full of boiling ſweet ſuet.

Sweetmeat CREAM.

Take cream, ſweeten it well with loaf ſugar, then ſlice ſome preſerv'd apricocks, or preſerv'd peaches or plums into it, or you may ſweeten it with thin ſyrup; mix them well, and ſerve them ſeparately cold in *China* baſons.

Garden CRESSES.

The garden creſſes is of an opening, inciſive, and deterſive quality, when it is taken inwardly, it helps reſpiration, and purifies the blood: It's good againſt the ſcurvy, and cures the itch, if you rub the part therewith: Moreover, it is ſternutatory, and they uſe it in errhines to excite ſneezing: The ſeed provokes urine, opens the body, purges the kidnes and bladder, if there is any ſtone there: It is uſeful in obſtructions of the liver and ſpleen, and being taken with oil, expels poiſon. The juice of it being held in the mouth, brings away bad humours that are hurtful to the teeth: The ſeed of it being chew'd, gives relief to the palſey of the tongue, cauſes ſneezing and revives the ſpirit and ſenſes: Being boil'd in vinegar, and applied it cures the king's evil.

WATER-CRESSES have a ſharp and biting taſte: The decoction thereof being drank, is good for ſwellings in the belly: It is alſo good againſt the ventoſities of the womb, and to provoke the *menſes*, if applied to the belly after you have heated it with motherwort, and moiſtened it with pure wine, upon a tile. The juice being applied to the teſticles, prevents nocturnal pollutions.

Water-creſſes are eaten boil'd or raw, but raw are bad for the ſtomach, and therefore the other way is beſt, unleſs they be mix'd in ſallads with lettice, ſorrel, and other ſuch like herbs.

To preſerve green CUCUMBERS *for ſlicing in the Winter.*

Gather cucumbers when they are half grown, that is before they incline to be ſeedy, put them in water and ſalt for five or ſix days, ſhifting the water daily; then wipe them dry, and put them in vinegar with a little alum to green over the fire; then take out the cucumbers and boil the pickle to be poured over them, then cover the mouth of the jar with a coarſe cloth, four or five times doubled, and ſet the jar near the fire.

When the pickle is quite cold, ſtop the jar cloſe with a cork and leather over that.

Theſe cucumbers may be uſed in water, pared and ſlic'd like thoſe gathered freſh out of the garden, with vinegar, oil and pepper.

To pickle ſmall CUCUMBERS.

Put them into ſalt and water, ſhift them every day till they change to a yellow, wipe them dry, and prepare a pickle, a piece of alum as big as a walnut to a gallon, ginger ſliced, mace, whole pepper, a few bay leaves and ſome dill ſeed which is better than the dill it ſelf. tye up the ſeeds in a piece of muſlin, that when the pickle is ſtrong enough of it, it may be taken out, and pour the liquor, when it is ſeaſon'd to your mind, upon the cucumbers, put them into a ſtone jar, and cover them as before with a coarſe cloth doubled, ſet them by the fire, and repeat the boiling of them every day, ſtopping them up cloſe as is directed for other cucumbers.

To preſerve CUCUMBERS.

The cucumbers ſhould be of the ſize of pickling cucumbers, and ſuch as are freſh and green, and free from ſpots; firſt boil them in water till they are tender; then run a knitting needle through them the long way, and having ſcraped off the roughneſs, green them as follows.

Having made ſome water ready to boil, take it off the fire, and put to it a piece of good roch alum; ſet it on the fire and put in the cucumbers, let them be cloſe covered, examining now and then when they come to look green; then take them out, and having weighed them, take their quantity of ſingle refined ſugar clarified, putting a pint of water to each pound; put in the cucumbers, boil them a little cloſe; covered ſet them by and boil them a little every day for four days ſucceſſively, then take them out of the ſyrup, and make a ſyrup of double refined ſugar, a pound of ſugar, and a pint of water to every pound of cucumbers; in this boil the cucumbers till they are clear; then add the juice of two or three lemons and a little orange-flower-water; let theſe have a boil all together.

Theſe may be either laid out to dry, or kept in the ſyrup; but every time any are taken out, make the reſt ſcalding hot, and thus they may be kept for two or three years.

To pickle large CUCUMBERS MANGO *faſhion*

Let your cucumbers be as green as poſſible, firſt waſh them in common water, and then either cut off their tops, and ſcoop out all the ſeedy part with a ſmall ſpoon; and take care when you lay them down, to lay them ſo as not to miſmatch the pieces you cut off, that they may be the better ty'd up after they have been fill'd with the ſpices, *&c.*

When a quantity ſufficient to fill your earthen jar has been prepared, peel ſome garlick or ſhalots, putting one middling clove of garlick or two ſmall ſhallots into each cucumber, and then a ſlice or two of horſe radiſh, a ſlice of ginger and a tea ſpoonful of muſtard ſeed.

Then put on the tops, and having tied them cloſe with pack-thread, place them in your jar; then for your pickle, fill the jar with vinegar, bay ſalt, and whole pepper, ſlic'd ginger, and a ſlice or two of horſe radiſh. Having boiled them in a braſs veſſel, for about a quarter of an hour, ſcumming

ming it as it riſes, then pour it upon your cucumbers, and cover the top of the veſſel with a coarſe linnen cloth, four or five times double, and ſet the veſſel near the fire to keep it warm.

The next day you will find them of a yellow colour; but they will alter in a day or two to be greener than they were at firſt, if you manage them as follows.

Pour out all the pickle into a braſs veſſel, and add to it a piece of alum about the ſize of a walnut, and ſet it over the fire till it boils, then pour it upon the cucumbers, and repeat the boiling every day till they are become as green as you deſire them.

When this is done the laſt time, let the veſſel be only cover'd with a cloth till it is cold, then cork it and ſet it by in a dry place. Alſo cover the corks with glove leather, otherwiſe the pickle will be apt to grow muſty.

To ſtew CUCUMBERS.

Take half a dozen of large green cucumbers that are not too full of ſeed, ſlice them; alſo ſhred a large onion moderately ſmall.

Put theſe in a ſauce-pan, ſet them over the fire add a little ſalt, ſtir them now and then till they are tender, then pour them into a cullender and let them drain as dry as they will be, then flour them and ſeaſon them with pepper, Then burn ſome butter in a frying-pan and when it is very hot put in the cucumbers, and keep them continually ſtirring till they are brown; then pour to them a moderate glaſs of claret, mix them well, and ſerve them hot under roaſt mutton or lamb; or you may ſerve them up in a plate of ſippets fry'd, and dipt in mutton or beef gravy.

To farce CUCUMBERS.

Pare large cucumbers, than ſcrape out all the ſeeds; having firſt cut off one end, then prepare the following farce for them.

Stew the hearts of ſome cabbage lettice tender in ſalt, and a little all-ſpice finely powdered, and ſome fat bacon chopt ſmall.

Mix all theſe well together with an egg or too according to the quantity, and with it ſtuff the cucumbers; and having ty'd the ends that were cut off cloſe with pack-thread, and ſtew them with water and ſalt till they are tender;

then drain, flour and fry them brown in hogs lard very hot, and let them drain; then untie them, and lay them in a diſh; and pour over them the following ſauce.

Boil well ſeaſon'd gravey with an equal quantity of claret, ſeaſon with lemon peel and all ſpice, and thicken with burnt butter; theſe may be ſerved up either alone, or with mutton cutlets.

CUD LOST, a diſtemper in black cattle, that ſometimes loſe the cud by chance, when they really mourn, and ſometimes by ſickneſs and poverty.

For the CURE.

Pound ſome ſour leaven and Rye bread and ſalt in a mortar, with man's urine and barm, and making a pretty large ball or two of it, put it down the throat of the beaſt.

Or,

Take ſome of the cud of another beaſt, and mix it with rye bread, ſour leaven, pound the whole in a mortar, make it into balls, and give it the beaſt.

CULLIS, is a ſtrained liquor, made of any ſort of meat or other things, pounded in a mortar and paſs'd thro' a hair ſieve; of which there are various ſorts.

A CULLIS *for different Pottages for Fleſh-days.*

Roaſt a piece of buttock of beef very brown; then pound all the browneſt part hot in a mortar with cruſts of bread and carcaſes of partridges and of other fowls, that are at hand; then being well pounded, ſoak it in good gravey; put it into a ſtew-pan, with gravey and ſtrong broth; and ſeaſon it with pepper, ſalt, cloves, thyme, ſweet baſil, and a piece of green lemon; give it four or five walms ſtrain it through a hair ſieve, and uſe it to pour upon pottages with lemon juice.

A CULLIS *for Fiſh-days, or white*-CULLIS.

Take a proper quantity of almonds, pound them in a mortar; and have ready ſome crumbs of bread, ſoak it in cream or milk, and ſome fiſh filets dreſs'd as white as poſſible; adding freſh muſhrooms and white truffles, ſweet baſil and chibouls, and boil all in ſome clear broth for a quarter

quarter of an hour, then ſtrain it through a hair ſieve, and uſe it for all ſorts of meſſes that require white broth. Some have alſo carrots, onions, &c.

A Gammon CULLIS.

Take one half gammon and the other veal, and ſtew it in a pan, order it without lard as if it were for veal gravey; when it is boil'd enough, add to it ſome dry cruſts, cloves, ſweet baſil, parſley and chibouls, and ſome very good broth, ſeaſon it, and ſtrain it pretty thick for uſe.

A CULLIS *of* HAM.

Firſt cut three pounds of veal in the form of dice, and having taken off the ſward and fat of a ham, and cut it into well ſhaped ſlices, put them with the dice into a ſtew-pan with a couple of carrots cut in two, and alſo a couple of onions cut thin, ſet the ſtew-pan on a gentle fire, cover it cloſe, and when the meat ſticks to the pan, uncover it and turn the ſlices of ham, that they may take a colour; then take out the ſlices both of veal and ham, and put a lump of butter in the pan, with a little flour, and ſtir it well with a wooden ladle; moiſten it with good broth that is not ſalt and then put the ham and veal in again and ſeaſon with ſome cloves of garlick and ſlices of lemon, and add ſome glaſſes of white wine.

Thicken this cullis with the uſual cullis, ſkim off the fat, take out the meat, ſtrain the eſſence through a fine ſtrainer, and keep it for uſe.

This is to be uſed with all ſorts of meat, and hot paſtry made with meat, or fiſh dreſs'd with gravey.

Then put your ſlices of ham again into your eſſence, to be uſed on ſeveral occaſions, *viz*, Being cut into dice, in putting over a piece of beef or artichoke bottoms when cut into ſlices for chickens young fowls or what you pleaſe.

Another CRAY-FISH CULLIS *half brown for Soops.*

Waſh, boil, and pick the cray-fiſh, and pound the ſhell very thoroughly (you cannot do it too much) then put ſome ſlices of veal and ham into a ſtew-pan, with onions and bits of carrot; ſet them on the fire a ſweating and when it grows clammy, moiſten with ſome good broth, a little veal gravey; ſeaſon with muſhrooms, ſlices of pared lemon,

ſweet herbs, and cloves; when all is ſtewed enough, take out the meat, and put in a ladle full of cullis, and ſee that it is reliſhing, clear it well from the fat; then put in the pounded ſhells and ſtrain it; then put it in a ſmall pot with the cray-fiſh tails pick'd, and keep it hot.

This cullis may be uſed with all ſorts of ſoops that are made half brown.

CUMMIN is accounted good for the ſtomach, is warming, aſtringent and diſſecative.

The oil of the wild cummin, has a particular vertue againſt the ſtinging of ſerpents, being taken in wine, it allays diſorderly vomiting; and about three drams of it being taken in three glaſſes of wine, removes the ſuffocation of the matrix. The ſeeds expel wind.

A CULLIS *of Cray-fiſh.*

Set the middle ſort of cray-fiſh over the fire, ſeaſon'd with ſalt, pepper, ſweet herbs and onions cut into ſlices, when they are enough, take them out, pick them, keep the tails, being ſcaled, and the reſt pounded together with the ſhells in a mortar, the more they are pounded the better the cullis will be; then put in a piece of veal of about a pound, and a ſmall piece of ham, and an onion divided into quarters, and let it ſweat gently, and when it begins to ſtick to the pan, powder it a little, and moiſten it with broth, adding cloves, ſweet baſil in ſprigs, muſhrooms, and a lemon pared and cut into ſlices. Then ſkim the fat clean off, make it reliſhing; take out the meat and thicken it a little with eſſence of ham.

Then put in the cray-fiſh, and ſtrain it off, and keep it for uſe.

CULLIS *a la Reine.*

Take a piece of a fillet of veal and ſome ſlices of ham; both cut into dice, put them into a ſtew-pan, with a parſnip, and an onion cut into ſlices; moiſten it with good broth of the whiteſt ſort, and make all boil very gently; when the meat is boil'd enough, take it out, and put in a piece of crum of white bread; and having pounded the white of a fowl well, which if it be not found to be white enough, take a couple dozen of almonds, having firſt blanch'd them and taken of the ſkin, pound them very fine,

and

and mix them with the cullis, with all the white of the fowl; adding a glaſs of boil'd milk; when it is well taſted, ſtrain it through a ſtrainer and put it into a little pot, and keep it hot.

CULLIS *the* Italian *way*

Put half a ladle full of cullis, as much eſſence of ham, and half a ladle full of gravey and as much broth, with three or four onions cut in ſlices, four or five cloves of garlick a little beaten, coriander ſeed, and alſo a lemon, ſweet baſil, muſhrooms and good oil; ſet all over a gentle fire, and let it ſtew a quarter of an hour; take the fat clean off, and make it palatable, and it may be us'd with all ſorts of meat and fiſh; particularly with larded and glaz'd fiſh, with chickens, fowls, pigeons, quails, ducklings, and any other fowl either tame or wild.

JELLY *of* CURRANTS.

Strip the currants from their ſtalks into a gally-pot; ſet this into a Kettle of water over the fire till they are ſcalded enough, then paſs it through a flannel jelly bag, but do not ſqueeze it; add to the liquor its weight of double refin'd ſugar; boil them together over a gentle fire for a quarter of an hour, and put it into glaſſes.

To preſerve CURRANTS *in Jelly.*

Let the currants be thoſe of the *Dutch* ſort, either white or red, and full ripe; you may pick ſome of them from the ſtalks, and keep ſome of the faireſt bunches whole; but of one and the other, pick out the grains with a pin; then take their weight in ſugar, and having melted it with a little water, add a little ſyrup of rasberries to it, boil it to a ſyrup, keeping ſcumming it as it riſes; then put in the currents and boil them up quick, often giving them a ſhake and continuing to ſcum them.

When the ſyrup jellies they are enough, which may be known by ſetting by a ſpoonful of it to cool.

When it has ſtood to be cool enough pour it into glaſſes; and if you preſerve any in bunches, place the bunches as you would have them, and as the jelly cools they will remain in their ſituation, then cover the glaſſes with white paper.

The red currants ought to be done by themſelves, and the white by themſelves,

which proceeds in a great meaſure from the ſugar not being thoroughly opened by fermentation.

Therefore to avoid theſe diſadvantanges and that the wines may be more fully impregnated with the eſſential flavour of the fruit, make uſe of the following methods.

Firſt, According to the quantity of fair water you would add to your currants juice, put two pounds of loaf ſugar: Add to it a quantity of new ale yeaſt, proportionable to that of the liquor. cover it up cloſe and when it begins to ferment, ſtir down the yeaſt gently, but do not do this too often leſt your liquor taſte of it.

Let it ſtand to ferment three or four days, till you find the body of the ſugar well divided, and that the liquor taſte ſtrong and ſpirituous.

At that time draw it off clear from the yeaſt, which muſt be done before the yeaſt ſinks to the bottom, then having an open headed caſk with a tap, and tap-owze at the bottom, into which put your fruit whole and thorough ripe, either currants, gooſeberries, cherries, mulberries, *&c.* in proportion to the quantity of liquor before fermented; two pound will be enough for every gallon of liquor.

Pour the fermented liquor upon them firſt ſet it in a cool place, cover it up cloſe with cloths and put on the head of the caſk, and let them ferment for ſeveral days, ſtirring them gently down, and when you find the liquor taſtes well impregnated draw it off into a cloſe caſk of ſuch a ſize that it will almoſt fill it: And to every five gallons of this liquor thus drawn off, put in an ounce of tartar finely powdered and a quarter of an ounce of iſinglaſs diſolved and ſtrain'd, which in ſome time will fine it down, ſtop it up cloſe, till it is fit ſot drinking.

To make CURRANT WINE.

Let the currants be full ripe and be gathered dry, whether they be white or red, it is much the ſame thing, the taſte and goodneſs will be the ſame, they having both the ſame qualities except in colour.

Pick them from the ſtalks, and weigh them, that you may know how to proportion your water and ſugar to them.

Then maſh them with your hands very well, leaving none whole, and for every two pound of currants add a quart of water, ſtir all together, and let it it ſtand for three hours, then ſtrain the liquor through a ſieve ond for every three pounds of currants put a pound of powder ſugar.

Stir

Stir this well together and boil it, ſcumming it as long as any ſcum will riſe, afterwards let it ſtand to cool at leaſt 16 hours, before you put it up in the veſſel.

If the quantity be 20 gallons, it may ſtand three weeks before you bottle it; if 30, a month; when you bottle it put a lump of ſugar in every bottle, and ſet it in a cool place ſo prevent its fretting.

Thus ordered it will be a ſtrong and pleaſant as well as a cheap wine, and will keep good many years.

Another Way.

Take currants either red or white (for the taſte and goodneſs are pretty much the ſame) let them be gathered at their full ripeneſs and in a dry time, pick them from the ſtalks and weigh them, that you may proportion the water and ſugar to them.

Bruiſe them with your hands, and for every three pound of currants, put to them a quart of water, ſtir them well together and let them ſtand three hours; then ſtrain it off gently through a ſieve and to every three pounds of liquor allow a pound of powder ſugar.

Stir theſe well together, boil them, ſcum it very well, and ſet it by to cool for 18 hours before you put it up in the caſk, and if you have the quantity of 20 gallons in a caſk, let it ſtand three weeks before it is bottled off, and if the quantity be larger it requires longer time; when you bottle it, put a lump of ſugar into each bottle; ſet them in a cool place to prevent the wine from fretting, and it will keep good ſeveral years and be a very ſtrong and pleaſant wine.

Very good CUSTARDS.

Boil a quart of cream, ſweeten it with fine powdered ſugar; beat the yolks of 16 eggs with 4 ſpoonfuls of orange-flower-water; ſtir theſe into the cream and ſtrain all through a fine ſieve; fill your cups or cruſt, bake them with care.

A CUSTARD SACK POSSET.

Boil a quart of cream, ſeaſoning it with ſugar to your taſte; beat the yolks of 10 eggs and the whites of 2 very well, ſtrain them into half a pint of ſack, ſet theſe on the fire, ſtirring them carefully till they are very hot; then pour in the cream, holding

holding it up very high; and having ſtirr'd them very well together, cover it cloſe and ſet it over a kettle of water till it comes to be as thick, and as ſmooth as a cuſtard.

To make French CUTLETS.

Take the ſkin off a loin of mutton, cut it into ſtakes; then having ſome of the lean of a leg of beef, and its weight of beef ſuet; make holes in the lean of the ſtakes, and fill them with the following ſeaſoning.

Take thyme, parſly, ſweet-marjoram, onion and anchovies minc'd very fine, ſeaſon with pepper ſalt and nutmeg; add alſo grated bread, and the yolks of a couple of eggs; ſpread this ſame ſtuffing all over the ſtakes; then having buttered as many pieces of white paper as you have cutlets, wrap them up ſeverally by themſelves; turning up the edges of the paper, ſo that none of the moiſture may get out; letting the papers be large enough to turn up ſeveral times on the edges; and if you ſee occaſion ſtitch them up, that all may be kept in; becauſe this gravy is all the ſauce they will have.

This done put them on a mazarine and bake them; when they are enough, take them out of the diſh they are baked in, and lay them in a clean hot diſh: do not take off the papers; but ſerve them up in them.

This is a very delicious ſavoury diſh, and done with little danger of ſpoiling, if they be cloſe wrapp'd up

If you pleaſe, you may have other ſauce made of ſtrong gravy, ſpice, onions, ſhred capers, and a little juice of lemon, ſhook up with a bit of butter; but they are very well alone, and many like them beſt ſo.

CUTS to cure: Take the leaf of tobacco pound it, and having ſqueez'd out the juice apply it; or elſe dry ſome leaves and ſteep them in hot wine and apply them.

2. You may do the ſame with prunell or hook heal or nettles.

3. Powder ſugar well and apply it to the cut and wrap a piece of linen about it.

4. Apply the oil of ſage by pouring it into the cut or cotton moiſtened with it, and it will have a wonderful effect; or put a little turpentine into the cut.

5. Waſh the cut with warm wine and apply to it a bit of broil'd bacon chop'd very ſmall with ſome ſage leaves.

CYDER is a very proper vehicle to transfer the vertue of any aromatick or medicinal thing, as juniper, ginger, *&c.* juniper berres dry'd, and ſix or eight put in a bottle, or proportionably in a caſk, is very good, tho' it is more wholeſom than palatable.

Ginger will render cyder briſk and correct the windineſs of it; dry'd roſemary, wormwood, juice of currants, a few drops of which, will tinge and add a pleaſant quickneſs to it.

Juice of mulberries, blackberries, and elder berries are preferable, all being preſs'd among the apples: or if to the juice you add clove gilliflowers dry'd, will both for tincture and flavour make an excellent cordial.

Malaga raiſins being ſtamp'd and milk put to them, and being ſtrain'd thro' Hippocrates ſleeve, a ſmall quantity of this with a ſpoonful or two of ſyrup of clove gilliflowers will make an incomparable drink.

Honey or ſugar, mix'd with ſome ſpices and added to cyder, that is flat will very much revive it.

Mixture of fruits is of ſo great advantage to cyder that the meaneſt apples mix'd, is accounted to make as good cyder as the beſt, always taking care that they be all of an equal ripeneſs; the beſt mixture, ſome ſay, is that of red ſtreaks and golden rennets together.

If you would have a mixture of water with your cyder, let it be at the grinding of the apples, for it will then incorporate better with the apples than if put in afterwards.

BOILING *of Cyder*. Some are of opinion, that it gives the liquor a mighty ſtrength; but then it ought not to be forgotton that it is much better for ſome ſorts than for others; the beſt ſort of cyder for boiling being that made of pippins Harvey apples, and the bitter ſweet a *Dorſetſhire* apple whoſe juice is much mended by boiling; eſpecially when it is to be kept to be two years old. But it muſt not be made of fruit that has been long gathered. The method of boiling it is aſſoon as it is preſſed, for if it be firſt fermented the boiling inſtead of ſtrengthening it will cauſe the ſpirits to evaporate.

Let the juice be ſtrain'd as it comes from the preſs, and while it is boiling, keep continually ſcumming it, and diligently obſerve the colour, not to let it boil any longer than till it comes to the colour of ſmall beer, and when it is cold put it up into the caſk leaving only a ſmall vent, and when you find it begin to bubble up out of the vent; bottle it.

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DAISIES of all ſorts are ſuppos'd to have the ſame vertue; the juice of them being drank is good for *Wounds* and *Hurts*; the herb being eaten in ſallads or otherwiſe, *looſens* the body, and will have the ſame effect if boil'd in broth; their flowers being apply'd to the part affected is good for the *Evil*; the leaves being eaten are good for healing *Ulcers* in the mouth or tongue; the ſame being apply'd freſh allay the *inflammations* of all ſorts of ulcers and are good againſt the *Palſey* and *Sciatica*; daiſies pounded either by themſelves, or with *Wingwort* is good in the *gout* in the feet, the *Sciatica* and palſey; the leaves being pounded are good for allaying inflammations in the genitals and diſſolve them.

JAM *of* DAMSONS.

Take a gallon of damſons full ripe, pick them from the ſtalks and leaves, and having weigh'd them, take near their weight in ſugar, and about a quart of water and boil them well together; then put in the damſons and boil them till they are tender, breaking them all the while with a ſpoon till the whole is thickened.

Then put it into gallipots and ſet it to cool; then cover the pots very cloſe with leather.

DAMSON WINE *to imitate Claret.*

Pour five gallons of water upon 18 pound of ſound *Malaga* raiſins well pick'd from the ſtalks.

While the water is yet hot put in four quarts of damſons full ripe, and clean pick'd to each gallon of water; then ſtir them all together in an open tub in which the infuſion is made, ſtirring them continually twice a day for ſix days.

Let the tub be kept covered with a cloth all that time; then let it ſtand five or ſix days longer, without ſtirring it, and then draw it off, and if the colour be not deep enough add to it ſome ſyrup of mulberries and toaſt a piece of white bread and ſpread it with ale yeaſt and ſet it a working in an open veſſel; then put it up in in a caſk, leaving the bung hole open till the wine has done ſinging in the caſk.

Then

Then ſtop it up cloſe and let it ſtand till it is clear, which will be in two or three months, then draw it off.

Another Way.

To every gallon of water allow two pounds and a half of ſugar, which you muſt boil and ſcum for three quarters of an hour; and to every gallon allow five pints of damſons ſton'd, boil them till the liquor is of a fine colour, then ſtrain it through a ſieve and work it in an open veſſel for three or four days, then pour it off the lees, and let it work in that veſſel as long as it will; then ſtop it up for ſix or eight months, and then, if it be fine, bottle it, and then it will keep a year or two.

DAMSONS *to Candy.*

After they have been preſerved, dip them in warm brandy to waſh off the ſyrup, then ſift fine ſugar over them, and ſet them to dry in a ſtove or oven. Do this, taking them out three or four times, and ſift ſugar over them, but let them not be cold before they are quite dry.

To make marmalade of DAMSONS.

Take a gallon of large ripe *Damſons*; peel off the ſkins of three quarts of them, put the quart unſkinn'd in the bottom of a earthen pan, and thoſe that are ſkinn'd upon them; cover the pot ſo cloſe that no water can get in; then ſet on a kettle of water; put in the damſons; boil them till they are tender, then take out their ſtones, and both ſkins and ſtones of the undermoſt: then take as much ſugar as they weigh, put to the pulp, make it boil a pace, ſcum it well, and when it is boiled enough, put it in a pot for uſe.

Conſerve of DAMSONS.

Take four quarts of damſons and pick them, put them with two quarts of wine or damaſk roſewater into a pot, cover them, and boil them well, ſtirring them well together; when they are boil'd tender, let them cool; then ſtrain them with their liquor; ſet the pulp over the fire, add to it a ſufficient quantity of ſugar, let them boil till they are done enough, then put them up into your pots for uſe.

To Jelly DAMSONS.

Take eight pound of *Damſons*, put to them eight pound of fine ſugar, and half a pint of water, boil them for half an hour over a gentle fire till the ſkins break; then take them off, and ſet them by for an hour more; ſet them by again for the ſame time, do ſo the third time: while they ſtand off the fire, ſet a weight upon them to keep them under the ſyrup. The laſt time you muſt boil them, till you perceive they are of a very high colour in the part where the ſkin is broke: then take them off, ſet them by to cool, and when cold, drain away the ſyrup, and make the jelly in the following manner.

Boil a good quantity of green apples, green gooſeberries, and quince cores to a maſh, then ſtrain them thro' a hair ſieve.

Take an equal quantity of this jelly, and the former ſyrup, and boil them together over a gentle fire till they jelly, but boil it not too high leſt it ſhould rope; ſcum it well, and while it is hot, put it into glaſſes or pots.

To keep DAMSONS *for Tarts.*

Wipe the damſons, put them into an earthen pot, and as you lay them in, between every layer ſtrew in fine powdred ſugar; two pound of ſugar will be enough for ſix pound of damſons. When you have done, paſte up the pot with rye dough; bake them with ſix penny bread; when it is drawn; let it ſtand till it is cold, then cut a ſtick, put it down in the middle of your pot of damſons; cut a piece of white paper juſt round, fit to cover them; cut a hole in the middle for your ſtick to go thro' then melt freſh butter, and pour upon the paper, and when you want to take out any damſons take out the paper by the ſtick; and when you have done, put it down again; thus may you keep them all the year.

DAMSON *Wine.*

To every five quarts of damſons put two gallons of water, to which add five pounds of ſugar; ſtone your damſons, boil them till the liquor is of a fine colour; then ſtrain them thro a ſieve; then ſet it a working in an open veſſel for three or four days; then pour it off the lees, and let it work in that veſſel as long as it will; then ſtop it up for half

half a year or more, till it is fine; then bottle it, and let it ſtand a year or two before you drink it.

Another Way.

Take ripe damſons, put them into a tub, warm as much water as will cover them, put it to them, cover them cloſe with cloths to keep them warm as long as you can, let them lie at leaſt a day and a night till they are grown plump: then put more water to them, and boil them over a briſk fire for five or ſix hours; then ſtrain them.

Set your liquor a working with yeaſt or the lees of good wine: and when it has worked a little, put it up in a wine caſk, and when it is fit to be ſtopped up, put into your caſk a few freſh damſons; then ſtop it up cloſe, and ſet it in a cellar for two or three months.

DANDELION. If macerated in ſeveral waters to extract its bitterneſs, is very wholſome.

If eaten raw *opens* the ſtomach; but if boil'd *cloſes*; the decoction of the whole plant is good for the *Jaundice*; and the juice is good for thoſe that have a *Gonorrhæa*; being boil'd in vinegar it cools the heat of the urine, and being boil'd with lentils is good for the bloody flux.

A la DAUBE. A certain way of dreſſing victuals with things, that will heighten thir reliſh: As to dreſs.

Beef a la daube (as the *French* call it) take a ſlice of beef of the thickneſs of two or three fingers, or a piece of a leg of mutton, you muſt firſt ſuffer it to mortify, and then beat it with a wooden roller to make it tender, take away the ſkin, make deep cuts in the fleſh, and lard it along and croſs ways with bits of fat bacon of the thickneſs of a finger, and pretty long. Then wrap it up in a linen cloth and put it into an earthen veſſel or pot with a ſufficient quantity of water, ſalt, ſweet-herbs, and cloves, to which the *French* add cheſnuts, and a piece of marrow, boil it till much of the liquor be waſted, then warm ſome wine and fill up the pot.

To beef you may add a little vinegar or verjuice while it is boiling; becauſe wine will be apt to make it hard. Let it cool in its own liquor, if you would eat it cold; and take it out and wipe it dry with a cloth and ſet it by.

After the ſame manner may be dreſs'd turkeys, ducks and geeſe,

geeſe, without taking off the ſkin; and do not more than ſlat the breaſts, and lard them with large bits of bacon, wrap them in a linen cloth and boil them as before.

A Daube of leg of Veal. Firſt take off the ſkin, parboil it, lard it with ſmall ſlips of bacon, ſteep it in white wine with verjuice, a bunch of ſweet-herbs, ſalt, pepper, cloves, a bay leaf or two, and roaſt it and baſte it with the ſame wine, verjuice and a little broth.

When it is roaſted enough make ſauce for it with the dripping, capers, muſhroom juice, a little flour fry'd, and an anchovy, and let the leg of veal, ſoak it in for ſome time, before it is ſerv'd up to the table.

The ſame way you may do a leg of mutton.

To cure DEAFNESS.

Dip fine clean black wool in civet, and put it into the ear, and when it is grown dry, as it will in a day or two, dip it again and keep it moiſtened in the ear for three weeks or a month.

Another for the ſame.

Put your urine into a pewter diſh and cover it with another; then put ſome coals under it; and when it is hot, bruſh off the clear water that hangs on the upper diſh with a feather and drop it into the ear, this has done great cures.

It is alſo good for the noiſe in the head.

Another for the ſame.

Take a black boar cat, ſhut him up for the ſpace of three days in a baſket or hamper, or ſome veſſel through which there is holes in the bottom; placing a veſſel under it to receive his piſs; of which pour three drops with a feather into the ear of the deaf perſon morning and evening for a fortnight and it will effect the cure.

A DECOCTION is a boiling of herbs, roots, *&c.* in ſome liquor; this is ſometimes done to make them tender; alſo ſometimes to correct or take away ſome ill quality in them; but the greateſt uſe of decoctions is to impart their vertue to ſome liquor, and to bring the qualities of ſeveral medicines into the ſame liquor.

DIABETES, is an involuntary diſcharge of urine, and very difficult to be cured; but what follows is a good medicine, if the diſtemper be taken in the beginning.

Cut off the neck of well blown ſheep's bladders; put a good quantity of the remaining membranes one over another into a covered pot, where being gently dry'd and more ſufficiently in a bakers oven, pound them to powder and let the patient drink as much of it at a time as will lie upon a fixpence in any proper liquor.

DISTILLATION, is an art which teaches by the help of fire or heat to ſeparate the ſulphureous, ſpirituous or watery parts from any ſubſtance whatſoever.

Chymiſts diſtinguiſh four ſorts of matter in the compoſition of bodies, *viz.* ſalt, ſulphur or oil, water or flegm and earth. Some have added a fifth ſubſtance, to which they have given the name of ſpirit; but it is eaſily diſcover'd by a nice examination that this ſpirit drawn from plants is nothing elſe but a ſulphur diſſolv'd in water, and being extracted from animals, it is ſalt ſteep'd in water.

The *Salts*, *Sulphur* and *Flegm* are rais'd up by the power of the fire, it is earth only that remains in the bottom of the veſſel; there is no fire tho' it be never ſo ſtrong, can raiſe this earth.

Chymiſts in diſtilling do only imitate that which daily happens in nature; the vapours of the earth are mounted up into the air by virtue of the ſun, or the force of ſubterraneous fires; and when they have been rais'd to ſuch an height, they are condens'd by the cold, they meet with there, and fall down in rain.

It is the ſame thing in diſtillation; the parts of the matters diſtill'd are rais'd up in the form of vapours, by the heat of fire as far as the ſides and top of the retort or cucurbit where gathering together, and being ſometimes aſſiſted by a refrigerant or cooler, they fall down again drop by drop into the recipient.

Some general Rules for DISTILING.

1. When two third parts of the quantity of liquid that you put into the ſtill has been drawn off, then try the diſtill'd liquor in a glaſs or vial, and if you find that the bell or proof immediately falls down, and does not continue a little time upon the ſurface, then change the receiver and place another veſſel to receive the faints.

Which faints if they were ſuffered to run among the reſt would give it a diſagreeable reliſh, and be ſo much the longer in fining down.

2. It is common with diſtillers to throw into the ſtill when they firſt charge it, about two ounces of bay ſalt, to every gallon of ſpirits, which is very uſeful in cleanſing the diſtill'd liquor and cauſes the phlegmatick parts to ſeparate the better, and the ſpirits ſo dephlegmated will aſcend and come over much cleaner and finer in diſtillation.

When you have drawn off the ſtill and deſign to have what the diſtillers call double goods, make then up to their firſt quantity with liquor; as if the ſtill were at firſt charg'd with three gallons of proof ſpirits, they will yield two gallons without faints; which deficiency muſt be made up with a gallon of liquor (and ſugar us'd in ſweetening it).

And if you are to make up common or ſingle goods you muſt then add a gallon and a half of liquor to dilute it.

3. You muſt alſo obſerve when you dulcify your ſpirits never to put diſſolv'd ſugar into the new diſtill'd goods before the dulcifying or ſweetening be perfectly cold; for if it be mix'd hot with the diſtilled ſpirits, it will cauſe ſome of the ſpirits to exhale, and render the whole more foul and phlegmatick, than otherwiſe they would be.

If you have occaſion to fine any new diſtill'd ſpirits ſpeedily for preſent uſe for ſale (eſpecially ſuch as are white or pale) add about two drams of crude alum finely powdered to the quantity of three gallons; rummage this well in it, and it will immediately depurate, and throw down the feeces and make it clear and tranſparent. See *Fermentation*.

DOCK has the virtue of diſſipating humours and of allaying pains by applying them to ſuch parts as are ſwelled by the gathering of humours.

DOG'S TONGUE, *a Plant*.

The leaves being pounded and apply'd to burns or St. *Anthony*'s fire, inflammations, old ulcers or wounds, pains, fluxes and piles is very good for them.

The juice of it with roſe-hony and turpentine make an excellent ointment for wounds, and pills of it are good to ſtop violent rheums.

A decoction of the root drank in wine, morning and evening, looſens the body, and is good for a dyſentery, a gonorrhæa

gonorrhea and catarrhs: pills made of it being taken to the quantity of half a ſcruple two hours after ſupper promote ſleep and ſtop defluxions.

The root apply'd outwardly will make the hair come again, in places from whence they have fallen off and are become bald.

For the DROPSY.

Mix ſix ounces of ſyrup of elder berries with three ounces of oil of turpentine; incorporate them well together and take a good ſpoonful of this mixture the firſt thing in a morning, and the laſt at night for a fortnight.

Some affirm that the conſtant eating ſea biſket and new raiſins of the ſun inſtead of ſuppers has cur'd the dropſy without phyſick; eſpecially it will do it, if the patient can refrain from drinking ſmall liquors.

Another Medicine for the DROPSY.

Burn broom by itſelf in a clean oven; ſeparate the aſhes from the ſtalks and coals that are not quite conſum'd and put full two pounds of theſe aſhes into a bottle that will hold two quarts, then fill the bottle up to the neck with old hock, but not ſo full, but that there will be room left for it to ferment, or elſe it will be apt to burſt the bottle: ſet the bottle in warm aſhes by the fire or in the ſun to digeſt, and ſhake it often; after it has ſtood ſo for three or four days, pour off a quart of the clear lie: and if it is not perfectly fine, decant it again and again till it is ſo; fill the bottle up again with old hock, and do as before till all the ſtrength of the aſhes are out.

Drink this the firſt thing in a morning, and at four or five in the afternoon, and contniue to drink it for ſome time, and it will carry off the dropſical humours while you are taking it let the meat, you eat be roaſted dry, and your drink ſtrong ale or wine.

For the DROPSY *a Purging Ale.*

Take ſaſſafras and tartar of each an ounce, jalop, liquorice, rhubarb, anniſeed and coriander, of each half an ounce; ſena two ounces; polypodium a quarter of a pound; broom aſhes a pint, and half an ounce of cloves; put all theſe in a bag with ſome little weight to ſink it; take alſo

ſcabious and agrimony of each two ſmall handfuls; of the roots of Dane's wort half a handful; raiſins of the ſun ſton'd half a pound, and a little ginger; put theſe ingredients into ſome ſweet ale wort, juſt, when you put in the hops, let theſe all boil together for half an hour; then pour it ſcalding hot on the bag of drugs; and when it is cold enough, ſet it a working with yeaſt; when it has done working, ſtop it up for 12 days or a fortnight. Hang the the bag of drugs in the veſſel, drink a glaſs of this in the morning and at four in the afternoon, unleſs you find it works too much at firſt; if it does you may leſſen the doſe; but take it daily, till you have taken a good quantity; you may make it ſtronger by doubling the quantity of the ingredients.

DUCKS, uſually begin to lay in *February* naturally, and ſhould have the conveniency of ſome pond or river, for without the benefit of water, they can ſcarcely ſubſiſt any more than without that of land; they likewiſe delight in paſture and meadow ground and in ſeveral herbs as clover, fenugreek wild lettuce, ſuccory, *&c.* beſides the worms, ſnails and ſlugs that they find there.

Theſe are as beneficial to ducklings as to the older ducks, and they will feed on them as ſoon as they can run a broad.

And whereas they are a fowl that loves moiſture, it will be beſt to give them any grain in water, as oats, barly, corn, *&c.* ſome ſay they love acorns too, and that by feeding on them they will grow exceeding fat, thoſe that have the opportunity may try the experiment.

All places where there are reeds and ſuch like water weeds to ſhelter are what they delight, in provided they be ſuch as will not enſare or entangle them or obſtruct their ſwimming and playing in the water, and among ſuch water plants they find a conſiderable ſhare of food.

And for theſe reaſons in the winter time, when the waters are frozen and the ſnails, ſlugs and worms, and alſo the green herbs are wanting, they muſt be fed at home and tho' this is extraordinary to the nature of the ducks yet will they come to lay eggs much ſooner in the ſpring than the wild ones, that have felt the ſcarcity of winter proviſion.

And in the management of ducks as well as other fowls it is to be conſidered that they are of a wild race, and therefore will always retain a great ſhare of the wild nature; but the extraordinary food which they find about a farm, will afford

them

them more nouriſhment than they could receive if they were to ſeek their living altogether abroad; and this home feeding will give them more warmth and ſtrength of body; and this will cauſe them to breed ſooner than the wild ducks.

The caſe is the ſame with moſt other animals, which have this additional home diet, for this forces them to breed ſooner than nature alone would prompt them to do.

Ducks chuſe to make their neſts in private places near the water if they can, or in ſome ſhady places, but when they appear to be near laying, which may be eaſily diſcovered, then it will be proper to feed them at home two or three times a day with corn, a little at a time and chiefly at a place where you would have them lay; and make neſts for them, and keep them in the houſe till about 10 a clock in the morning, for they generally lay by that time; and for the moſt part they lay them in the night, and when they are once brought to lay in a neſt they will not forſake it.

The eggs of a duck may be taken away, one being left in the neſt, till ſhe is inclin'd to ſit, and then put as many under her as you think ſhe can cover, and rather her own than thoſe of another duck; but if poſſible, let there be ſome of her own, and for the ſake of thoſe ſhe will cover and bring up the reſt.

You may likewiſe ſet duck eggs under common poultry hens and they will proſper well enough.

But it will be better to let ducks be hatch'd by their own dams and brought up by them; for almoſt as ſoon as they are hatch'd, the dam leads them to the waters, where they feed without trouble; but before uſe them to come home anights, to ſecure them from dangers and to render them tame.

To ſtew wild DUCKS.

Having firſt prepar'd the fowls for the fire rub the inſides with ſalt, pepper and a little powder of cloves, a ſhallot or two with a lump of butter in the belly of each of them; then lay them in an earthen glaz'd pan that will juſt hold them, laying a good quantity of butter under and over them; pour in a good quantity of vinegar, with as much water, with ſalt, pepper, whole cloves, lemon peel, and a bunch of ſweet-herbs; then cover the pan cloſe and let them ſtew for three or four hours, then paſs the liquor through a ſieve, and pour it over the ducks and ſerve them up hot with garniſh of lemon ſlic'd, and raſpings of bread ſifted.

The ſame way may eaſterlings, teal, widgeons, &c, be dreſs'd.

To keep wild DUCKS *freſh.*

After you have drawn them, pepper their inſides well, then fill their bodies with red ſage; and likewiſe pepper the inſide of their mouths leaving on the feathers.

But if you happen to keep them too long, or by any means they have receiv'd a taint; then when they are pull'd waſh the inſides well with vinegar and water, and dry them well with a cloth, and ſcrape away if need be, what are call'd the kidneys; then ſtrew the inſide a-freſh with pepper, and hang them up an hour or two, where the air may paſs through them.

Geeſe may be manag'd the ſame way; ſome in ſuch caſes put an onion into the belly which contributes to the reſtoring the freſhneſs; then waſh out all and prepare them for the ſpit.

To dreſs DUCKS *with juice of Oranges.*

The ducks being ſing'd, pick'd and drawn, mince the livers with a little ſcrap'd bacon, ſome butter, green onions, ſweet-herbs and parſly; ſeaſon'd with ſalt, pepper, fine ſpice and muſhrooms: theſe being all minc'd together, put them into the bodies of the ducks, and roaſt them, covered with ſlices of bacon and wrapp'd up in paper.

Then put a little gravy, cullis, the juice of an orange, and a few ſhalots minc'd into a ſtew-pan, ſhake in a little pepper; and when the ducks are roaſted, take off the bacon, ſlice them on the breaſt and cruſh them between two diſhes; put the gravy that comes out of them into your ſauce diſh them and pour your ſauce with the juice of oranges over them and ſerve them up hot.

Farc'd DUCKS *ſtuff'd.*

Make a ſtuffing of the white of capons or pullets, and after the ducks are drawn, take off the ſkin from the fleſh; then take off the breaſt and ſtuff it, and then ſtew it *a la braiſe*; and ſerve it up with any ragoo you pleaſe.

To dreſs DUCKS *with Peas.*

Make a ragoo with ſmall peas, a little freſh butter, and a duſt of flour, ſeaſoned with ſalt and pepper, and moiſtened with good broth.

When you are ready to ſerve it up, thicken it with the yolk of an egg and a little cream, then your ducks being dreſs'd *a la braiſe* pour the ragoo over them, and ſerve them up hot.

DUCKS *in Grenadines.*

The ducks having been pick'd very clean, ſplit them on the back, raiſe the ſkin, and take off almoſt all the fleſh on the breaſt.

Cut this fleſh into dice with the fleſh of partridges, if you pleaſe, and the white of chickens or pullets; or you may omit the fleſh of other fowls; and inſtead thereof uſe ſweetbreads, ſome veal, ham, with muſhrooms, truffles, pickled cucumbers, cut into dice; and ſome ſcalded piſtachios, cut into two.

Then having put melted bacon into a ſtew-pan, put in all your fleſh, ſeaſon it with ſalt, pepper, fine ſpice, ſweet-herbs, parſly, and green onions.

Set your ſtew-pan over a ſtove, put in the juice of lemon, and having made it reliſhing, ſet it by to cool.

When it is cold, ſpread the ſkins of the ducks over the dreſſer, and lay your ſalpicon over them, then fold up the ſkins and ſew them up; and blanch them with bacon and butter, making them very plump.

Then lard them with fine bacon, lay them in a deep pan with ſome bits of veal, ham and onions; moiſten them with good broth and let them ſimmer gently, adding a glaſs of white wine.

When they are enough, take them out, ſtrain off the broth, and ſet it over the fire again, and let it boil to a jelly, but take care it be not too high coloured and lay the grenadines on the ſide of the bacon.

Glaze them well, and when they are ready to be ſerv'd up, pour a cullis of ham into the diſh, put in the grenadine, and ſerve them up hot.

DUCKLINGS *with green Peaſe.*

Scald, pick and draw the fowls, and alſo blanch ſome lettuces; put the lettuce into freſh water, and ſqueeze them well, then cut them in pieces and ſet them over the fire in a ſtew-pan with a bit of butter: ſeaſon with ſalt, pepper, parſly, and green onions minc'd, and ſet them a ſtewing in a white braiſe.

Put into the ſtew-pan, ſlices of bacon, and then lay in the ducklings, ſeaſoning them with ſalt, pepper and onions, cut into ſlices, ſweet-baſil and ſlices of lemon, cover them alike at top and bottom with ſlices of bacon; wet them with broth and ſet them a ſimmering over a gentle fire.

Then put green peas into a ſtew-pan with a bit of butter over a ſtove with a gentle fire; ſtirring them now and then, when they are done, add ſome cullis and gravy, and make them boil; take off the fat, take care that it be well taſted; take out the ducks, drain them, diſh them, pour the ragoo of peas over them and ſerve them up hot.

To dreſs DUCKLINGS *with Cucumbers.*

Take ſcalded ducklings done after the ſame manner as thoſe with green peaſe and inſtead of green peas uſe cucumbers.

Pare the cucumbers, ſplit them in four, take out the inſides and having cut them into ſome ſhapes, at pleaſure, blanch them; then take them out and put them into a ſtew-pan with good gravy and cullis, and boil them well.

When they are done and of a good taſte; take the ducklings out of the braiſe and ſet them to drain, diſh them and pour the ragoo of cucumbers over them, with the juice of lemon and ſerve them up hot.

To dreſs DUCKLINGS *with Onions.*

Scal'd, pick, draw, truſs and ſtuff the ducklings, as before; cut the roots and ends off the roots of ſmall onions, blanch them in ſcalding water; then pick them and put them into a ſtew-pan with a little broth and a little gravey, and ſet them over a gentle fire and let them ſimmer; when they are done, thicken them with a little cullis, and when the ducklings are done, take them out and drain them, diſh them and pour your ragoo of onions over them, and ſerve them up hot.

DYSENTERY *or* BLOODY FLUX.

This diſtemper is a flux of the belly with bloody matter, and accompanied with great gripings and extreme pains, which denote that the bowels are as it were flead or ulcerated.

If the excrements have ſomething like greaſe ſwimming upon them the *bloody flux* is in the great inteſtine, and if you diſcern as it were ſhavings or ſcrapings mix'd with the blood, you may conclude the ſame. But if no greaſe appears the diſeaſe is in the ſmall parts.

This malady proceeds from three ſorts of humours; which may be known by the ſtools; for if the excrements are *white*, it proceeds from flegm, if *black* from *Melancholy*; if yellow from choler, from whatever cauſe the diſeaſe proceeds, the cure muſt be begin by gliſters made with guts or tripe broths, or elſe with a good decoction of bran, wheat, marſh-mallow leaves, linſeed or quinceſeed or with chalybeate waters, coarſe ſugar, and the yolks of eggs.

The patient may be let blood, the firſt, ſecond and third day, then purge with half an ounce or ſix grains of caſſia, diſſolv'd in plantain water; and ſome days after ſix drams made into a bolus or diluted in plantain or roſe-water.

After purging, let him take a dram of rhubarb, half burnt upon a ſhovel, with ſix grains of the jeſuits bark in half a glaſs of plantain water.

This may be repeated two or three times.

Or you may give the followiug bolus, *viz.* half a dram of rhubarb parch'd with 20 grains of maſtich or olibanum, make it up with a little ſyrup of pomegranate, poppy or ſuccory.

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EARS. The moſt common maladies that affect the ears are deafneſs, cauſed either by an inflammation, ulcer, ſome defluction, pain or hurt, or elſe ſometimes by external tumours called *Parotides*.

When the ears are moiſt, rub them with the powder of burnt alum or the powder of vitriol, or ariſtolochia.

To prevent the glutinous humours falling from the brain, and ſo communicating themſelves to the ears; drink in a morning

morning a little oil of olive in a glaſs of warm water, and preſently rub the palate with it, with a feather; this will cauſe you to bring up by vomit that glutinous humour; when you have done vomiting put ſome ſugar into an egg inſtead of ſalt.

Put into the ears hot in the evening, two drops of the fat of a roaſted eel, and two drops of ſpirits of wine, and two drops of fine oil, and it will do them much good.

If the buzzing, whizzing or noiſe of the ear be neglected, it will in time grow to deafneſs, which is of difficult cure.

For the cure let the patient be let blood, and purge frequently with pills, either of *Agarick* or *Aloes*; let him mix the juice of Tobacco or Knot-graſs with a very ſmall quantity of tutty and put a drop into the ear.

For the tingling of the EAR.

Let the perſon drink in a morning two hours before he eats any thing, for four or five days, three ounces of fennel-water, and then take cocia pills or foetida and afterwards uſe the following remedy:

Take oil of rue of caſtor or ſpike, with the juice of leeks of each an equal quantity, mix'd well together, into theſe dip a ſmall lint and put it into the ear.

Another for the ſame.

Take radiſhes, oil of ſweet or bitter almonds, coloquintida and white wine in equal quantities, and having pounded the radiſhes but not the leaves, take the juice and mix it with the other ingredients, drop it into the ears and ſtop them with cotton; the piece of an onion dropt into the ears is alſo a ſovereign remedy.

If the *tingling* of the ear proceeds from wind got into them as it ſometimes does, put a little aloes into a little wine, warm it and drop a drop or two into the ear, and ſtop it with cotton.

For a defluction on the EARS.

Drop two or three drops of the juice of ivy into them.

For Inflammations and impoſthumes of the EARS.

Pound nettle leaves in a mortar with ſome ſalt, and apply them to the ears.

For hurts in the EARS.

Apply black pitch to them with an equal quantity of frankincenſe, reduc'd to a powder; or take half an ounce of myrrh in powder, with as much freſh butter, and apply it to the wound.

Pain in the EAR.

Take juice of mountain ſage, oil of bitter almonds, oil of fennel and oil of olives, of each equal quantities, and having mix'd them well together, drop three drops into the pained ear for three nights; this will eaſe and draw out any impoſthume, if that be the cauſe.

Another for the ſame.

Boil ſage, rue and roſemary in half a pint of claret, and a quarter of a pint of vinegar; put it into a new mug and hold your ear cloſe ſo that the ſteam may go in; as it cools, heat it again, and when the ſtrength is pretty well waſted wrap the head warm and go into bed.

Another for the ſame.

Apply hot bread as it comes out of the oven to the ear, and repeat, it often; or elſe boil the leaves of aſarabacca and receive the fume ariſing therefrom thro' a funel.

Another for the ſame.

Roaſt an onion under the aſhes, take an ounce of freſh butter, an ounce of the oil of roſes, as much of the oil of camomile, and a dram of ſaffron reduc'd to a powder and putting the whole together, apply it. Or:

Drop into the ear two or three drops of either the juice of mallows or plantain, or hore hound mixt wich a little hony, or you may take the milk of a bitch with much hony, and apply to the ear affected.

For an ULCER *in the* EAR.

An ulcer often happens by the falling of a malignant humour, or elſe it is occaſioned by a wound, ſome hurt or ſome ordure that is corrupted in the ear.

The fore-runners of this ulcer are pain, heat, pricking, itching, and the matter which ſhews it ſelf by the coming forth of the pus.

If the ulcer does not penetrate quite into the ear, it is eaſier to be cured than that which proceeds as far as the nerves and the bone, and whoſe corrupt matter or pus ſtinks; whether an ulcer in the ear be new or old, the firſt thing to be done is bleeding and purging, the next is to waſh the wound with the juice of the herb mercury or lupines, or with a decoction of betony, and afterwards to make uſe of the following remedy.

Take a dram of ſaffron, half a dram of caſtor, the ſame quantities of aloes and myrrh; put all together into a ſpoonful of hony, and as much of the oil of roſes, and put a drop or two of it into the ear; or elſe take the juice of an onion roaſted in the aſhes, with an equal quantity of woman's milk and drop into the ear. Or:

Chop a leek ſmall with half a dozen earth worms, and boil it in an ounce of oil of olives over a ſmall fire, until the oil crackles no longer; then ſtrain it and put ſome of it into the ear.

For an Impoſthume in the EAR.

Burn camomile between two tiles, then put it in a cloth, and apply it to the ear as hot as it can be born; repeat this till you find eaſe.

EELS *to roaſt.*

Let the eels be fine, ſkin, gut, waſh and cut them in pieces of the length of eight or nine inches.

Set a ſtew-pan on the fire with butter, melt it, put in the eels, ſeaſoned with ſalt, pepper, fine ſpice and ſweet-herbs; then cut cruſts of bread of the length of your pieces of eel put them on a ſkewer, a piece of eel with each cruſt, till they, are ſkewered, then tie the ſkewer to the ſpit and roaſt, them baſting them with butter.

When they are enough take them off the ſkewers, diſh them

them up with a cullis or a high reliſh'd ſauce and ſerve them up hot.

To fry EELS.

Having ſkin'd and bound the eels, cut them in ſlices and marinate them for two hours in vinegar, ſalt, pepper, bay leaves and chibbols; and fry them in drawn butter, and ſerve them up with fry'd parſley.

To broil EELS.

Skin the eels, cut them in pieces and ſlice them on the ſides, then marinate them a little in melted butter; a few ſweet-herbs, parſly, chibbols, ſalt and pepper, then warm them a little and ſtir them well.

Then take them out piece by piece, ſtrew them with crumbs of bread, and broil them on a gentle fire; to give them a fine colour; then having made a ſauce with chibbols, parſly and capers, diſh the eels and pour the ſauce over them, or you may ſerve them up with the following ſauce.

Pound ſorrel, ſqueeze out the juice and toſs up an onion, cut ſmall with melted butter in a ſtew-pan with capers, cut ſmall, and the juice of ſorrel, orange juice, a little ſalt and pepper, and ſerve it up hot.

To dreſs EELS *with a white Sauce.*

Skin the eels, cut them to pieces and blanch them in boiling water, and then drain them, then put ſome butter and muſhrooms into a ſtew-pan, with the eels and toſs them up, ſtrewing them with flour, and moiſtening with white wine and water, ſeaſoned with pepper and ſpice.

When they are pretty near done, add artichoke bottoms, and aſparagus (if in ſeaſon) thickening the ragoo with eggs and lemon juice, and ſerve them up hot.

To dreſs EELS *with brown Sauce.*

Having cut the eels in pieces, put them into a ſtew-pan with butter, flour, fiſh gravy, muſhrooms, a bunch of chibbols, ſweet-herbs and parſly; ſeaſon theſe with ſalt and pepper, and add white wine, and let all boil together: Having thus finiſhed the ragoo, add the juice of a lemon, and ſerve it up hot.

To

To ſtuff EELS.

Firſt make a ſtuffing with the fleſh of the eels; pound it well, then put cream into the mortar with crumbs of bread, muſhrooms, chibbols and parſly; ſeaſon this ſtuffing well and put it in round the bone of the eel, and ſtrew it with crumbs of bread; put it into a baking pan, and ſet it into a gentle oven, and let it ſtand till it is well coloured.

EELS *in Fricandoes.*

Cut the eels in pieces of four or five inches long; rip them up, take out the great bone and lard them with fine bacon.

Then ſet a ſtew-pan on the fire with a ſufficient quantity of white wine, ſeaſoning with ſalt, pepper, and ſlices of onions; and when it boils, put in two or three ſlices of eels at a time, and let them have ſome boils.

Then ſet another ſtew-pan on the fire with ſome broth, a pound of fillet of veal, ſome ham and onion, cut into ſmall bits; when the veal is enough, ſtrain off the broth and put it again into the ſtew-pan and let it turn to a jelly.

Then place the pieces of the eel in the jelly, the larded ſides downwards; cover the ſtew-pan, ſet it on hot cinders that the eels may take a glaze.

When they are done, put eſſence of ham in the diſh, and put the bits of eel in it, and ſerve it up hot.

To collar EELS.

Having ſcoured the ſkin, and inſide of a large eel very well with ſalt, cut off the head, and ſplit it down the back, then lay it abroad upon a dreſſer or table, and ſeaſon it well with ſalt, ſpice, and a good deal of red ſage ſhred fine; having mix'd theſe well together, ſprinkle the mixture thick upon the eel, then roll it up, and tye it cloſe in a thin cloth at each end and in the middle; then boil it in a ſtrong pickle made of vinegar, ſalt, ſpice, and a bay leaf or two, and when it is enough take it out, take off the cloth and ſet it by to be cold, and let the pickle be cold likewiſe, then pour it into a glaz'd pan, and put the eel into it, to be kept for uſe: this if kept cloſe covered, will keep good ſeveral weeks.

To roaſt EELS.

Let the eels be large, ſkin, waſh and cut them in three or four pieces or more, according to their length: for the ſeaſoning take ſalt, pepper, grated nutmeg, thyme, ſage, and a little lemon peel, and the crum of white bread; grate and ſhred all fine, and ſtrew them on the eels; ſtick them croſs each other on ſkewers, and tie the ſkewers to the ſpit; roaſt them till they begin to crack, and are white at the bone; be ſure to baſte them well as they roaſt.

The proper ſauce is melted butter and the juice of lemon.

To ſpitchcock EELS.

Having cleans'd a large eel with ſalt and water, both inſide and outſide; then draw off the ſkin, and having firſt prepar'd the following mixture as grated bread, ſweet-herbs powdered, or ſhred very fine, as ſage and ſweet-marjoram, ſalt and pepper, then rub the eel all over with the yolks of eggs, and after that roll it in the mixture, then draw the ſkin over it, cutting the eel in ſeveral pieces about three inches long, then dip them again in the yolks of eggs, and then roll them again in the ſeaſoning, and broil them on a gridiron, and being done enough, ſerve them up to the table with the ſauce directed for roaſted or broiled eels.

To roaſt or broil an EEL.

Let the eel be a large one, rub the ſkin well with ſalt, then gut it and waſh it well, cut off the head and ſkin it, laying by the ſkin in water and ſalt; then lay the eel in a clean diſh, and pour a pint of vinegar upon it; and let it lie in it for near an hour; then take it out and make ſeveral inciſions in the back and ſides, and fill the ſpaces with the following mixture.

Take the yolks of two or three hard eggs; grated bread, an anchovy minc'd ſmall, ſweet marjoram, dry'd and powdered, or for want of that green marjoram ſhred ſmall; ſeaſon theſe with ſalt, pepper, *Jamaica* pepper, or cloves powdered, with a little freſh butter; pound all theſe together in a ſtone mortar till it is come to be like a paſte; and fill all the inciſions made in the eel with this mixture, and then draw the ſkin over it; tying the end of the ſkin next the head, then prick it with a fork in ſeveral places, then

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tie it to ſpit to roaſt or lay it on a gridiron to broil, but do not baſte it at all.

Let the ſauce be butter, anchovies, a little pepper and lemon juice

An EEL PYE.

Skin, gut, waſh and bone the eels, cut them into pieces blanch them, and put them in water.

Lay ſome paſte in a baking pan, put a carp ſtuffing, and lay in the eels with ſome muſhrooms; ſeaſoning with ſalt, pepper, ſweet herbs, fine ſpice, parſley and chibbol cut ſmall, lay butter over it, and cover it with an abbeſs; colour it with eggs, ſet it in the oven; when bak'd open it, take off the fat, diſh it and put in ſome beaten eggs, or cray-fiſh cullis and ſerve it up hot.

EELS. The fat of an eel put into the ear, is a remedy againſt deafneſs; it is alſo made uſe of in the piles; alſo for pock-holes, and to make hair grow.

Some phyſicians recommend the liver of an eel dry'd with its gall as good in hard labour.

The ſalted ſkin of an eel is recommended as a wonderful ſecret in the fall of the matrix, the fume of this ſkin receiv'd into the matrix, is approved by an eminent phyſician, as a very good remedy in that malady

To make a Ragoo of EEL-POUTS.

Firſt cleanſe them from their ſlime; lay the livers aſide, to be fry'd by themſelves in a pan with burnt butter; then put them into an earthen pan with the ſame butter, a little flour and white wine; ſeaſoning them with ſalt, pepper, nutmeg, a bunch of ſweet herbs, and a bit of green lemon.

In the mean time make a ſeparate ragoo with the ſame ſauce as the *eel pouts* alſo with their livers and ſome muſhrooms and garniſh the diſh with it, adding the juice of lemon when it is ready to be ſerv'd to table.

Pottage of EEL-POUTS.

Firſt waſh the fleſh and fry them whole in a frying-pan with burnt butter and a little flour; lay them in an earthen pan, with ſalt, pepper, and a bunch of ſweet herbs, ſome fiſh broth or peas ſoup, and a little white wine; when they

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are ready, dreſs them upon ſoaked cruſts, garniſh them with muſhroooms and capers.

An EEL-POUT *Pye.*

Firſt ſkin them, and having prepared a fine paſte to put them in with their livers, roes, cray-fiſh tails, oiſters, artichoke bottoms, and muſhrooms; ſeaſon them with ſalt, pepper, nutmegs, ſweet herbs and chibbols, add a little lemon juice when you ſerve them up to table.

To dreſs EGGS.

Firſt boil the eggs till they are hard, and cut the whites only into rings or large pieces, and having ſhred ſome parsly and onion ſmall, boil them in a little water, with ſalt, pepper, and nutmeg, till the onion and parſley is tender; then flour the eggs well, put them in and as ſoon as they are hot put half a pint of cream to them, thicken and ſerve them up to table, the yolks may be fryd to garniſh the diſh.

Another Way.

Boil the eggs and cut the whites as before directed, then having ſome good gravy, ſeaſon it with ſalt, a bunch of ſweet herbs, *Jamaica* pepper beaten ſmall and a little lemon peel and an onion ſhred ſmall; then ſtrain them off and put in the eggs to heat them thoroughly, then thicken the whole with burnt butter.

Another Way.

Break your Eggs, and having beaten them well, ſeaſon with *Jamaica* pepper finely powdered, then heat ſome butter hot in a pan and pour in the mixture and fry it, till it is enough to hold together; then take it out, cut it into ſmall pieces, and ſerve with the ſame ſauce directed in the foregoing receipt.

Another Way.

Boil the hearts of 2 or 3 cabbage lettuce, a little ſorrel, parſley, chervil and a large muſhroom over the fire in a little water till they are tender, then having boil'd ſome eggs hard, chop the herbs, and yolks very ſmall, and ſeaſon with ſalt, pepper, and nutmeg; mix the whole well to-

gether, and put them into paſte, making them into ſmall flat puffs and fry them.

Another Way.

Beat ſome eggs well and ſqueeze in the juice of an orange among them, and ſeaſon with ſalt, put ſome butter into a ſtew-pan, and pour in the eggs, keeping continually ſtirring them over the fire till they are enough, then pour them into a plate with ſippets.

On fleſh days inſtead of butter you may uſe ſtrong gravy or on fiſh days muſhrooms; gravy may either be uſed inſtead of butter or without it.

Another way,

Having boil'd the eggs hard, peel them and cut them lengthways, then quarter each half, and dip the ſeveral quarters in batter, made of flour, eggs and milk; then fry them in butter made very hot and over a quick fire, then lay them before the fire a while to drain. In the mean time prepare the following ſauce for them, of brown'd butter ſeaſon'd with ſalt, pepper, and nutmegs, a little elder vinegar and ſweet herbs, muſhrooms ſtew'd and haſh'd; garniſh the diſh with fry'd bread, parſley, and fry'd muſhrooms.

EGGS *poach'd in Butter with Endive.*

Blanch ſome endive, put it in cold water, and preſs it well to ſqueeze the juice out of it, then cut it with a knife, and put it in a ſtew-pan with a bit of butter,

Set it on the fire, and let it ſtew ſome turns, and powder it with a little flour and moiſten with maigre-broth, ſeaſon it with ſalt and pepper, and let it ſimmer gently; afterwards put ſome hot butter in a little ſtew-pan and ſet it on a ſtove, when the butter is hot, break in an egg, and let it be as round as can be, and of a fine colour, but do not let the yolk be hard.

Fry as many as you have occaſion for, one after the other, then make a binding with three or four yolks of eggs, beaten in maigre-broth, a little nutmeg, and a very little vinegar.

It proving very palatable, dreſs it in a diſh, the eggs over it, and ſerve it up hot.

To make ELDERWINE

Ferment the liquor for ſometime before the flowers are put in; by which means the ſugar will not only be more broken, and intimately united and commix'd with the liquor, the fermentation it ſelf proceeding more briſkly and regularly at the ſaid time; but even the wine will acquire a better flavour from the flowers, than otherwiſe it would.

By a longer maceration or infuſion of them, their groſſer and earthy parts are drawn out, and communicated to the liquor, and by that means impart a very diſagreeable guſt or flavour; as is moſt frequently obſerved in theſe ſorts of wines that are made of aromatick plants or flowers, whoſe fine volatile parts are ſo far from bearing a briſk or long fermentation, that even a too long continued infuſion of them deſtroys their beſt qualities.

BLACK ELDER BERRY WINE *equal to the beſt* Hermitage *Claret.*

Having half a buſhel of elder berries pick'd clean from the ſtalks, boil them in nine gallons of ſpring water till the berries begin to dimple, then ſtrain off the liquor gently, and to every gallon allow two pounds of good *Lisbon* ſugar; then boil it for an hour, ſcumming it then pour it out into an open tub, and let it ſtand to cool; when it is grown cold; ſpread ſome ale yeaſt upon a toaſt, and put it into the liquor, and let it ſtand and work for 3 days, ſtirring it once or twice every day. Then put it up in a veſſel that will juſt hold it; and for every gallon put in a pound of raiſins of the ſun whole, ſtop it cloſe and let it ſtand till the next *January*, and it will then be fit to bottle; but if the quantity be larger, it ſhould not be drawn off till *March* or *April.*

To make WHITE ELDER-BERRY WINE, *that ſhall imitate* Cyprus *Wine.*

Take nine quarts of the juice of white elder-berries, that has been ſqueezed gently from the berries with the hand without bruiſing the kernels or grains, paſs them through a ſieve, and to each quart of juice put a gallon of liquor allow three pounds of *Lisbon* ſugar, and to the whole quantity allow an ounce and a half of ginger ſlic'd, and three quarters of an ounce of cloves; boil altogether for an hour;

keep ſcumming it well as it riſes; then pour it into an open tub or veſſel, and let it ſtand to cool, then ſpread ſome ale yeaſt on a toaſt of white bread, and ſet it a working for three days; then put it up into a veſſel that will fit it, ſo that it may be full, and add to it a pound and half of raiſins ſplit, which let lie till you draw it off, which is not to be done till it is fine which will be about *January*.

This wine is ſo like the fine rich wine brought from *Cyprus* both in colour and flavour, that it has deceived very good judges,

Theſe berries are to be had at the Ivy-houſe at *Hoxton* in *Auguſt*.

WHITE ELDER WINE

Gather the elder-berries ripe and dry, pick them, bruiſe them with your hands and ſtrain them; then ſet the liquor by in well glaz'd earthen veſſels to ſettle for 12 hours, and add to every quart of juice three pints of water, and to every gallon of this liquor add three pounds of *Liſbon* or other powder ſugar; hang it over the fire in a kettle, and when it is ready to boil, clarify it with the whites of four or five eggs; let it boil for an hour, and when it is almoſt cold work it with ſtrong ale yeaſt, then put it up in a veſſel, filing it from time to time with the ſame liquor ſav'd on purpoſe for that uſe, as it ſinks in working.

If the veſſel holds nine gallons it will be fine and fit to be bottled, and after bottling it will be fit to drink in two months.

To every gallon of this liquor add a pint of ſtrong mountain wine; but not ſuch as have the *Borachio* or hog-ſkin flavour.

This will be a ſtrong and pleaſant wine and will laſt ſeveral years.

ELDER FLOWER WINE.

Take 12 pound of raiſins of the ſun, (or *Malaga*) ſhred them ſmall, put to them ſix gallons of water, and twelve pound of ſugar; boil them over a clear fire for an hour; then pour them into a ſtand or wooden veſſel with an open head; let it ſtand till it is but blood warm, and then put in half a peck of elder-flowers, pick'd clean from the ſtalks. Let all ſtand cloſe covered for a night, and in the morning put to it four ſpoonfuls of new yeaſt, and ſix

ſpoonfuls

ſpoonfuls of the ſyrup of lemons, (or the juice of two or three lemons) cover the veſſel again, and let it ſtand two days longer.

Then put it into a well ſeaſon'd tight caſk, and let it ſtand for ſix weeks; then draw it off into another caſk of the ſame ſize, and diſſolve half an ounce of iſinglaſs in a little of the ſame wine over a gentle fire, mix it with the reſt, and when it has ſtood a week or thereabouts, if it be fine enough, bottle it off.

On this Method, a certain Author makes theſe Obſervations.

That although the wine thus made has an exeeeding good taſte, and alſo bears a very good body, yet he is of opinion, that it might be improved by not boiling the raſins, by which the fineſt and moſt volatile particles of them are preſerv'd in the wine, which otherwiſe by long boiling are in danger of evaporating and being wholly loſt.

Therefore he prefers a ſimple infuſion of them (after they have been well ſhred and bruiſed) in the boiling liquor, and proceeding as is directd in currant wine.

Another ELDER FLOWER WINE.

Boil three gallons of water with eight pound of powder ſugar for an hour, ſcumming it as long as it riſes; then put the liquor into an open headed veſſel, and when it is come to be of a fit warmth put in two ſpoonfuls of good yeaſt, cover the veſſel up cloſe and let it ſtand to work for ſome days, until by taſting you find the liquor has acquired a ſpirituous and vinous taſte, then upon the declenſion of the fermentation, put in a quarter of a peck of freſh gathered elder flowers, let it ſtand two or three days longer, till the liquor has done working, ſtirring it twice a day or oftener if need be; then run it through a flannel-bag put it into a caſk, ſtop it down, let it ſtand ſix or eight weeks, rack it off, and if it be fine bottle it.

EMPYEMA, is a diſtemper that is of two kinds. The firſt is a pus that runs from an abſceſs burſt in the bottom of the breaſt, which ſucceeds either a catarrh, quinſey, inflammation of the lungs, pleuriſy, phtyſick or blood proceding from ſome vein, which comes to be corrupted.

As for the cure of this empyema that ſucceeds an inflamation of the lungs, you may take notice that it is ſeldom

cured; and that it is more dangerous in perſons advanc'd in age than in young people.

But the cure may be attempted two ways. The firſt is to endeavour to bring away the *pus*, either by the mouth or by urine.

The ſecond is, to open the ſide with a cautery or a razor between the 5th and ſixth rib, and not to let the *pus* out any otherwiſe than in proportion to the ſtrength of the patient,

In endeavouring to bring away the *pus* by urine, they give a ptiſan made of barley, fennel roots, aſparagus and parſley, half a quartern mixt with a pint of this.

Or you may boil maidenhair, roots of fennel, parſley, and mix the liquor with ſome white wine or a little ſugar and give it the patient.

Or you may give the decoction of ſcabious between meals, and ſome of its powder; putting 20 grains of it into an egg, to be ſwallowed; or give 20 grains of the powder of burdock leaves, in ſome ſyrup; continuing this morning and evening for ſeveral days.

The ſecond *empyema*, is cauſed either by a ſharp and ſalt phlegm, which falls upon the breaſt by ſecret paſſages, and corrupting there, is turn'd to purulent matter; or elſe by a wound or ſome fall.

This diſtemper may be known by a dry cough, watery ſpittle mix'd with ſome corruption, which encreaſes more and more, and by a ſlow fever, which by degree degenerates into a hectick; The palms of the hands, and ſoles of the feet, are dry and burn, the perſon breathes with difficulty; his cheeks are red, he is uneaſy after meals, and chuſes to lie rather upon the ſick ſide than the ſound ſide.

If the patient eats with a good appetite, digeſts his food eaſily; if he breathes without pain; if his colour and pulſe be pretty natural; if he diſcharges matter rather by ſtool than vomiting, there are great hopes of his cure; but if the ſymptoms are contrary, then the worſt is to be fear'd.

The foregoing directions are good in this caſe.

ENDIVE, is a plant of a cooling and aſtringent quality, and very good for the ſtomach and liver; if boil'd in vinegar and eaten, it is good to ſtop a looſeneſs; the decoction drank is of great uſe in a hot intemperature of the liver, and in ſome obſtructions in it; being taken in white wine, and provocative of urine is good for obſtructions in the meſentery.

EPILEPSY,

EPILEPSY otherwiſe call'd the falling ſickneſs is a convulſion caus'd by groſs, viſcous and cold humours contain'd in the firſt ventricle of the brain, &c. which obſtructs the underſtanding and the ſenſes.

This diſtemper is curable till a perſon is 25 years of age after which time it is rarely and difficulty to be done; but however the perſon may be pretty much reliev'd.

Young children are more ſubject to the falling ſickneſs than thoſe of a more advanc'd age by reaſon of the delicateſs of their nerves, and if maids be not cur'd before they have their menſes. young men before 25, and married women after their firſt child, they may expect to be accompanied with it to their graves. Its origin is either in the brain or the ſtomach.

The epilepſy that proceeds from the brain may be diſcovered by a great heavineſs and violent head ache, or confuſed ſight, hardneſs of hearing, loſs of ſmell, paleneſs of the countenance, &c.

When it proceeds from the ſtomach, the perſon will be ſenſible of heavineſs and prickings; when the fit is near, he may diſcover it by faintings and pain at the heart, attended with vomiting, choler and flegm.

It happens moſt commonly in the beginning of the ſpring, rather than at any other ſeaſons of the year.

If young children are attack'd with this diſtemper, give them milk for ſix or ſeven months, very thin pap, into which put a pinch of thyme, and marjoram powdered; lay a plaiſter of treacle on their heads which renew every eight days; let them always have pleaſant and agreeable ſmels.

Let their common drink be aromatiz'd, and ſweetened with a little aniſe, cinnamon, coriander and ſugar.

And once a week mix 12 or 13 grains of rhubarb in powder with their broth or like food, or let them take it in an egg or ſome ſoop.

2. As for ſuch as are more than ſeven years old, if they be bled after the firſt fit they will ſcarely relapſe again into an epilepſy; or elſe bliſter them between the ſhoulders, and let them be cauteriz'd.

3. To cure this diſtemper infallibly diſſolve 20 grains of ſalt of coral with the ſame quantity of the ſalt of pearl in a ſpoonful of cinnamon water, and let the patient drink, this drink for a whole month, every morning faſting.

As for ſuch whoſe circumſtances will not allow of the laſt,

let them take half a dram of treacle, diſſolv'd in wine, morning and evening, or they may uſe the following ſyrup for 40 days.

Take green tobacco, pound it and procure a quart of the juice to which add two pounds of ſugar, boil theſe to a ſyrup.

The doſe is for young children an ounce, and for others two or three ounces in proportion to their age and ſtrength. But before they take this they muſt be purged with two drams of ſenna and half a dram of agarick and cinnamon, with a pinch of anniſe infus'd in a decoction of betony, penny royal, balm gentle, hyſſop and ſage, adding thereto either an ounce of manna, or as much of the compound ſyrup of apples with a dram or two of caſtor.

The moſt ſovereign remedy of all is ſneezing, for which end uſe the long ariſtolochia, betony, ſage, imperiale, miſletoe of the oak, elecampane, agarick, aniſe or fennel.

Young maidens ſhould be bled in the arm and after in the foot if it be towards the time they are to have their *menſes*; they ſhould often take gliſters made of roots of polypody, flower-de-luce or ariſtolochia, garden flag, the leaves of betony and mercury, adding to each an ounce of the oil of rue, with an ounce of hony, of the herb mercury and diaphenicum.

If the epilepſy befalls a lying in woman by the retention of what ought to be diſcharg'd, bleed her in the foot, and if it proceed from ſome corrupt matter retain'd in the wormb, let her take either mint water, cinnamon water, two ounces of manna, diſſolv'd in a glaſs of the juice of mercury or mugwort water.

If in a fit you cut off a little of the hair of the head of a perſon before, and put it into his mouth it will ſtop preſently; but if the epilepſy be caus'd by a ſympathy of the ſtomach, the ſureſt way would be to provoke vomiting for a month by emetick tartar, regulus of antimony or calcind vitriol.

The doſe is from four to ſix or eight grains, according to the age and ſtrength of the moſt robuſt.

If the diſtemper ariſes in the remoteſt parts of the body, you may uſe ligatures, *i. e.* tye the parts hard near the place where the vapour is perceived to be, or uſe cupping glaſſes.

All ſuch as are incident to be affected with the epilepſy, ſhould wear a girdle made of the ſkin of an aſs or wolf; or let them hang about their necks, either the ſtones found in

ghizzards

ghizzard of ſwallows or miſleto of the oak, ſaltpetre, pyritis, root of piony, or ſome of the forehead bone of an aſs.

A ring made of the foot of an elk, worn upon the fourth finger, not only cures the falling ſickneſs but alſo convulſions and other contractions of the nerves.

To preſerve ERINGO *Roots.*

Take the faireſt eringo roots, freſh taken out of the ground, waſh them clean and boil them in ſeveral waters till they are tender; waſh them again and rub them with a cloth to dry them as much as they will bear without breaking or bruiſing.

Then ſlit them and take out the pith and twiſt two together like a ſcrew, then for every pound of root, take two pounds of fine ſugar powdered, of which ſugar take one pound at firſt, and boil it to a ſyrup with ſome roſe-water, and then put in the roots and boil them till they are clear; then wet the reſt of the ſugar with roſewater and boil it to a candy height, then put in the roots and let them boil, ſhaking them often over the fire; when you think they are enough, take them off and ſhake them till they are cold and almoſt dry, then lay them on diſhes to dry thoroughly, and then put them up in boxes with white paper, both under and over them, and keep them in a dry place.

ERYNGUS *or Sea-holm.*

The decoction of the roots removes the obſtructions of the liver, and is good for the jaundice and dropſy. The root taken in a decoction of bugloſs or balm gentle is good for the heart ache, quinſey, obſtruction in the kidneys and womb: and being taken before meals is good to prevent drunkenneſs.

FIELD ERINGUS.

The root of this plant boil'd is good to provoke urine, and womens menſes, and for expelling windineſſes; being drank in wine, it is good againſt poiſon, and the ſtinging of adders, and alſo for diſeaſes of the liver. The doſe may be a dram.

ERYNGO CREAM.

Cut half a pound of eringos ſmall, and boil them in a pint of milk, till they are tender; then put to them a quart of cream and four eggs well beaten; ſet it on the fire and juſt make it boil and if it be not ſweet enough to your palate put in ſome ſugar.

ERYSIPELAS or St. *Anthony*'s fire is an inflammation, that ſpreads it ſelf upon the ſkin, and ſometimes upon part of the fleſh, it is caus'd by extremely hot and cholerick blood.

When this diſtemper ſiezes upon the head and face it is dangerous, becauſe it may be thence communicated to the membranes of the brain: if it happens to a woman during her pregnancy it is mortal, becauſe it will kill the child.

For the cure of this diſtemper, as ſoon as it appears, bleed the patient and purge with ſpecifik and cooling medicines to evacuate the bilious humours, ſuch as electuary of *ſucco roſarum*.

Take 20 damſons, ſix drams of freſh tamarinds, two ounces of ſugar and ſyrup of violets in a dram of ſucco roſarum, infuſe the whole for one night, and next morning give it to the patient, being ſure firſt to ſtrain it.

As for St. Anthony's Fire.

1. You muſt bleed the patient more than in the *Eryſipelas* becauſe in this choler is more predominant than blood, but the remedies for that will ſuit this.

2. The firſt thing to be done after bleeding is to foment it with the following oxycrate.

3. Mix two ſpoonfuls of vinegar with half a pint of water and warm it a little.

Make uſe of the juice of night ſhade or houſeleek to which add a fourth part of juſquiam or poppy leaves, and ſome vinegar in proportion.

4. Chafe the afflicted part with three ounces of the juice of lettuce, the ſame quantity of the mucilage of fleabane, half a dram of camphire and two ſpoonfuls of vinegar.

As ſoon as the great fire is over, uſe the following medicines.

Take the roots of marſh mallows, leaves of wormwood, ſage and pellitory of the wall, of each one handful; of the flowers of camomil, melilot and Provenſe roſes, of each two pinches,

pinches, boil all in a quart of water with a quartern of hony to a kind of pap, and when it is taken off the fire, add half an ounce of roſes in powder, and as many cammomile flowers, and an ounce of its oil or of thoſe of anile.

Let the patient live upon cooling diet and after the fever and great heat is gone purge him with caſſia and whey, double catholicon or the ſyrup of peach flowers, diſſolv'd in ſome wild ſuccoury water, lettice or tamarinds.

You may prepare the following Powder for this Diſtemper.

Take ſix parts of elder in powder, three parts of white lead, and one part of myrrh, mix them well together and moiſten them with the ſpirit of tartariz'd wine; apply theſe very hot to the part affected, and it will not fail to diſſipate the eryſypelas.

If the diſtemper be inveterate, make uſe of the following remedy; boil a handful of the leaves of juſquiam and as many of the leaves of hemlock in a little water, and with this foment the part; you may if you pleaſe uſe warm milk for it. As for the puſtules, bliſters, wild fire, *&c.* begin with bleeding and purging with thoſe purges before directed, and let the patient be regulated according to age, ſeaſon, and difference of ſexes, and afterwards for the fire apply outwardly the following pomatums.

1. Mix two drams of white lead of Venice, with three ounces of the juice of lemons, and two drams of the ſulphur powdered, and apply it to the diſeaſe; if it be too thick add more of the juice to it.

2. Procure as much juice of onions as will moiſten two drams of borax, half a dram of the flour of chiche peaſe, and the ſame quantity of bean flour with a dram of camphire.

ESSENSE *of* FLOWERS, *to procure.*

Take a box, lined with tin, that the wood may not impart any ill ſmell to the flowers, nor dry up any of the eſſence which may drain through; alſo have frames made which may enter eaſily into the box flat ways; let the wood be two fingers thick, and beſet round with points of needles; to each of theſe frames muſt be filled cotton cloths which may be extended thereon; theſe muſt be put into a good lye, and afterwards waſh'd out in fair water and dry'd very well.

Take

Take notice, that the oil of *Ben* has no ſmell of it ſelf, but will readily receive any ſmell that you would impart to it.

Having caus'd your cloths to imbibe the oil of *Ben*, ſqueeze them a little that the oil may not drain off; then extend them on the frame and faſten them to the needles.

Put one frame in the bottom of the box and ſtrew the flowers of which you would have the eſſence in an even manner upon the cloth; then put in another frame upon the cloth whereof you muſt ſtrew more flowers, and ſo proceed till the box is full.

Having diſpos'd the flowers after this manner in the box, let them lie there for 12 hours, and then change them, that is thoſe you have put in the morning take out in the evening, and thoſe you put in the evening, take out the next morning; thus continue to do till you have put in all your flowers.

When you perceive the ſcent is ſtrong enough, take the cloths off the frame and fold them four double, roll them up and tye them with ſeveral rounds of fine packthread to keep them cloſe together, and put them into a preſs, and preſs out all the oil you can.

The preſs ought alſo to be lined with tin, that the oil may not be imbib'd by the wood; receive the oil in a clean veſſel and afterwards put it up in a glaſs vial, ſtopping it cloſe for uſe.

There muſt be but the eſſence of one ſort of flower made in one box; becauſe the ſcent of the one will ſpoil the other; in like manner muſt it be as to the cloths, unleſs they have been put into a lye, and waſh'd out in fair water.

EXCRESCENCE *of Fleſh* is a ſuperfluity of it; to cure which and make it fall off without pain; reduce a farthings worth of alum into powder, adding a little water to it to make it melt; ſteep or waſh the excreſcence two or three times a day with this water, and it will ſtop its growth, harden it and reduce it into a callus, and in about eight days time it will fall off; then apply common ointment to the wound, and the excreſcence will not grow again.

EYE. Phyſicians have rekon'd up 113 diſeaſes incident to the eyes, and ſome ſay that there are but very few of this number, but may be cured with the medicine, which they

they call the divine ſtone; which cures in ſo ready and ſurprizing a manner that it is eſteem'd by ſome almoſt miraculous.

For this admirable medicine we are indebted to Mr. *de Cice*, Biſhop of *Sabula* who brought it from the *Indies*, to whom it was communicated by an *Arabian* phyſician, who practis'd phyſick in *China*. This divine ſtone is prepar'd as follows.

Take two ounces of cyprus vitriol, the ſame quantity of nitre or ſalt petre, and the ſame quantity of roach alum; reduce theſe to powder and put them into a glaz'd earthen pan, and melt them at firſt but gently over a ſlack fire; which you muſt afterwards increaſe till the whole is melted or diſſolved with hot water; then throw into this mixture while it is very hot a dram of camphire; ſtir it all well together with a wooden ladle, and when the camphire is well diſſolved and incorporated, with the other ingredients, cover the pot or pan with its lid, and lute it well with meal paſte; let it cool for 24 hours, then break the pot, and you will find a green ſtone, which ſeparate from the pieces of the pot, and keep it in a glaſs phial well ſtopp'd to prevent it from evaporating.

This ſtone is to be us'd as follows, reduce half a dram of this *divine ſtone* into powder, and put it into half a ſetier of ſpring-water, and when you apply it, warm the water, and drop a drop of it into the eye or into both eyes if they be out of order, do this morning, noon and night.

This water will clear the ſight, ſtrengthen it, and cleanſe the eyes by taking away the ſpots or ſpecks that grow in it, cure ſuffuſions, take away redneſs, *&c.*

For an Inflammation of the EYES.

1. Take white copperas, ſugar-candy, roſe-water and the whites of hard eggs, ſtrain it through a linen cloth, put a little of the liquor into the eye after dinner and at going to bed.

2. Take an egg that has been laid the ſame day, roaſt it hard under hot aſhes, then cut it into four parts, take out the yolk and fill the hollow with powdered white ſugar-candy, ſtrain it through a linen cloth doubled, and drop a drop or two into the eye, at night when you go to bed, or at any time in the day; this is alſo good for webs in the eyes.

3. It is accounted a ſingular remedy to apply a cataplaſm made

made of the pulſe of ſweet apple, roaſted under hot aſhes, of barley meal, womans milk, roſe-water and whites of eggs.

4. Marigold water is alſo a ſovereign remedy for an inflammation in the eyes.

5. Another ſingular water for the eyes is made of half an ounce of prepar'd tutty powdered, and a quarter of an ounce of mace infus'd in roſe-water, and white wine, of each half a pint infus'd for ſix weeks,and expos'd to the ſun in a bottle well ſtopp'd; but it muſt always be taken away when the ſun does not ſhine, or when it rains; ſhake the bottle two or three times a day. This is alſo good for bloodſhot, blear or weak eyes.

6. Stick a bit of frankincenſe on the point of a bodkin; light it with a wax candle and extinguiſh it in four ounces of roſe-water; do this 30 times, then ſtrain this through a linen rag, drop ſome drops of it into the corners of the eyes when you go to bed; and if you feel a great pain in the eye, mix a little woman milks with the water.

7. This is alſo a ſingular water for the eyes. Take betony celandine, fennel,rue and vervain all freſh gathered, of each a handful, pound them, moiſtening them with a quarter of a pint of white wine, ſqueeze out the juice and add powdered ginger and pepper of each half an ounce; a dram and half of ſaffron; of aloes, myrrh and ſarcocolla of each half an ounce; diſtil the whole in a glaſs limbeck over a gentle fire and keep it for uſe.

An incomparable EYE SALVE.

Take one ounce of *May* butter, half an ounce of virgins wax, a quarter of an ounce of camphire, half an ounce of powder of tutty; put the camphire and wax into a ſilver porringer or ſmall ſilver ſauce-pan, and melt them over a gentle fire, ſtirring them continually, till they be diſſolv'd; then ſome little time after put in the *May* butter and diſſolve it with a ſpoonful of red roſe-water; keep it on the fire till all is well incorporated, then add the powder of tutty and mix all very well; anoint the eye-lids with this when you go to bed.

Another very excellent for the ſame.

Take of the beſt ſallad oil eight ounces, yellow wax, ſix ounces, ſet them on a fire in a new pipkin, keep ſtirring the

the wax till it is melted, then add of white lead four ounces, and let all boil for half an hour; then add myrrh finely powdered, olibanum, maſtick of each one ounce, camphire half an ounce; each of them by themſelves in the order here ſet down, ſtirring and mixing them well, before you put in the other; boil all ſoftly till it grows blackiſh, keeping ſtirring it all the while it is upon the fire, and alſo after it it is taken off, till it be cold enough to be made up into rolls, working it like dough.

Take care to mix it well and that it be not over or under boiled; this ſalve is to be apply'd to the temples and behind the ears for the eaſe of the eyes, and is to lie there till it falls off of it ſelf.

It will keep a long time, and is a ſweet and clean plaiſter, and an excellent diſſolvent, and therefore good for ſwellings and alſo for cuts, and cures almoſt any ſore that does not require much drawing.

An excellent Medicine for the EYES *when the Rheum be violent and they have* SPECKS.

Pound four ounces of hemlock in a wooden bowl, to which add two thimbles full of bay ſalt, and as much bole armoniack as will make it fit for ſpreading on a thick cloth; lay this to the wriſt and renew it every 12 hours; as long as you ſee occaſion; and if but one eye is affected, lay it to the contrary wriſt.

Mix tutty and white ſugar finely powdered, of each two ounces, ſhake them well together, and let them ſettle, and dip a fine rag in it and waſh the eyes three or four times a day.

For EYES *that are hurt.*

Take roſe-water, the juice of the great jubarb and womans milk, of each equal quantities, and the white of an egg, pound theſe together with a little ſaffron and apply it to the eye, when the pain is allay'd anoint the parts round about the eye with roſe ointment.

Another.

Take a dram of prepar'd tutty, the ſame quantity of hepatick aloes, one dram of ſugar-candy, and two ounces of white wine, and as many of roſe-water, reduce

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the aloes tutty, and ſugar into powder, and mix them with the wine and roſe-water; put all into a glaſs bottle, ſtop it well and expoſe it to the ſun for a month, rub the eyes with it, and drop ſome of it into them.

For red or blood ſhotten EYES.

1. Beat the whites of eggs with roſe or plantain-water, and ſteep a rag or tow in it and apply to the eyes.

2. Roaſt an apple that is not ſharp or ſour, mix the pulp with a nurſes milk into a ſort of an ointment, and with them anoint the eyelids for the redneſs of the eyes.

And alſo apply to the temples frontlets made with Province roſes or conſerve of roſes, and other aſtringent things to ſtop the defluction from the brain that cauſes this redneſs.

For an inveterate Redneſs of the EYES.

Take white copperas, the quantity of a haſle-nut, one ſcruple of the flower-de-luce of *Florence*, and as much roch alum, reduce them to powder, mix theſe with a pint of ſpring-water; or elſe boil the whole together till the water becomes clear, and drop three or four drops of the water into the eye.

You may alſo make an ointment of the dregs of linſeed oil, gum arabick, tragacanth, maſtick and camphire to be apply'd to it.

To prevent the EYE *from continuing black.*

Having receiv'd ſome blow, you muſt immediately drop into it the blood of a pigeon or turtle's wing.

To ſtop Tears and Humours that run from the EYES.

Make a decoction of the leaves of betony, roots of fennel, and a very little fine frankincenſe, uſe this for an eye-ſalve.

2. Often waſh weeping eyes with the decoction of chervil.

3. Faſten to the hind part of the head, ſome grains of ambergreaſe; this has alſo the vertue to ſtop defluctions that fall down upon the throat.

4. You may rub the edges of the eyes with the ſoot of butter,

butter, burnt in a lamp; this is an arcanum that is very good, to dry up and ſtop all running of the eyes, and readily to cloſe up all lachrymal fiſtulaes and eroſions made by blear-eyedneſs.

For contuſions in the EYES.

1. Beat the leaves of eye-bright with a rotten apple, and lay it on the eye as a poultice, and repeat it as it grows dry; ſome approve of the juice of eye-bright better than the leaves.

2. Take the crumbs of white bread, and incorporate it well with black ſoft ſoap, as much as will make a fourth paſte, of which make a little cake with your thumbs, and apply it to the bruiſed part; having firſt ſhut the eye, and blinded it ſo that it may lie on ſome hours, or a day if need be; but this ought to be uſed with great caution.

3. Take ſuccory water and crumbs of white bread, enough to bring it almoſt to a conſiſtence; then add a little ſaffron, and if you pleaſe a little honey, and apply it with pledgets of flax to the part afflicted.

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To BEAUTIFY *the* FACE.

TAKE an ounce of the fineſt tin reduc'd to powder, and two ounces of *aqua fortis*, put them into a large earthen veſſel, ſet them in a chimney or in the middle of a court, and leave them together for the ſpace of four hours; then put the clear water into another earthen pot, and pour upon it the ſame quantity of ſalted water; let theſe ſtand 24 hours, and the next day you will find the fine ſtuff or quickſilver ſunk to the bottom, pour off the water that is upon it gently, waſh it ſeven or eight times with palm water, and ſet it in the ſun to dry.

This powder may be us'd with a pomatum of jeſſamine or that of ſheeps trotters, or of veal bones; or elſe to the end it may have the better effect make the following preparation.

Cyprus vitriol with plantain water, is an excellent remedy, and ſo is the juice of pimpernel, being continued for ſome days morning and evening.

Another for the ſame.

Take the pulp of the flower-de-luce, and the roots of ſolomon's-ſeal, of each an ounce; waſh them well, and ſteep them for a week in cold water; then take them out, and wipe them and cut them pretty ſmall, then add to them the fat of a lamb's kidney and the caul, of each two ounces, pour the water upon them and let them ſteep ſix days, changing the water daily; then melt the fat with the ſame water and ſtrain the maſs, and then put it into *China* pots, but change the water every day; put a dram of this powder with an ounce of this pomatum, which by reaſon of its whiteneſs, may be call'd the white of pearles.

This pomatum does not only beautify the face, but is alſo good for tetters, pimples, and other cutaneous diſtempers.

Another Way.

Take fine ſulphur and roch alum of each half an ounce pound them to powder, add to theſe half an ounce of roſe, water, mix them well in a vial, let them ſtand 24 hours, and uſe them.

PUSTULES *or* PIMPLES *in the* FACE.

1. Boil an handful of the flowers of the leſſer centuary in three pints of water, till half is conſumed, and bath the puſtules or pimples with it both morning and evening.

2. Prepare half an ounce of camphire, the ſame quantity of ſulphur, a quarter of an ounce of litharge, and the ſame quantity of myrrh, pound theſe ingredients together and infuſe them in half a pint of brandy or plantain-water for a week, and chafe the face with a linnen rag dipt in it.

3. Put a quarter of an ounce of borax and half an ounce of camphor, into half a pint of the juice of ſcabious, puri-fy'd by fire, and ſtrain'd through a linnen cloth, let theſe infuſe two or three days, and then you may uſe it.

4. Take half an ounce of camphor, as much ſulphur and a quarter of an ounce of myrrh, and the ſame quantity of, frankincenſe,

frankincenſe, pound them to a fine powder, infuſe them in half a pint of roſe, plantain or ſcabious water, for a week and then uſe it.

For WRINKLES *in the* FACE.

Anoint the face with the oil of myrrh at night when going going to bed, and cover it with a waxed cloth and it will take out the wrinkles.

2. Take half an ounce of oil of tartar, a quarter of an ounce of the mucillage of the ſeed of pſillium, or of quinces, ſix drams of ceruſe, a quarter of a dram of borax, a quarter of an ounce of oil olive, and a quarter of a dram of ſal gemmæ; ſtir all theſe together well with a wooden ſpoon in a ſmall earthen plate, and rub the face with it.

3. Break a new laid egg into a *China* cup, and ſtrew over it better than half a dram of ſublimate, let this ſoak for 24 hours; in the mean time take half a quartern of the four cold ſeeds, an ounce of bitter almonds; pound theſe together in a marble mortar, moiſtening them a little with two quarts of river water, and ſtrain them through a linnen cloth; then put the groſs ſubſtance of the almonds, and cold ſeeds again into the mortar and pound them with as much water, and ſtrain them again, put this ſecond liquor to the firſt, then put in a quarter of an ounce of ſugar candy and half a dram of burnt alum, put theſe to the eggs, and then pound all together, moiſtening them by little and little with the liquor, then ſearce the whole through a ſieve, and put it into phials, ſhake it always when you uſe it.

FENNEL. The leaves and ſeeds of fennel, are good for ſtrengthening and clearing the ſight, increaſing nurſes milk, ſtrengthing the ſtomach, and for allaying prickings in the breaſt; the ſeeds taken after meals, expell wind, help digeſtion and being chew'd ſweeten the breath.

FENNEL GIANT. The pith of this plant, when it is green, being taken in ſome liquor, is good againſt ſpitting of blood, and the ſtinging of vipers, being taken in ſome wine, and put into the noſe, it will ſtop its bleeding.

FENUGREEK being apply'd to hot impoſthumes, inflames them the more, cleanſes, digeſts, mollifies, and diſſolves them. The ſeed of it taken in honey water, will ſoften an inward abſceſs; and being taken with a little honey cleanſes away

all the ill humours of the bowels, and allays internal pains; the decoction and ſeed pounded, are very good to be apply'd to the privy parts of either ſex for taking away any pain from them,

Green fenugreek pounded with vinegar, and apply'd in cliſters is good for weakneſſes in the womb, and ulcers. the ſeed is excellent in the bloody flux, The meal of it being mixt with ſulphur and ſalt petre, is good for taking away freckles in the face; for the gout in the hands and feet and for impoſthumes behind the ears.

The decoction of it is good to be drank by thoſe that have had a cough a long time, and an ulcerated breaſt, a little ſugar being added to it; being kneaded with ſome wine, it is good for cleanſing cancers.

FERMENTATION is an inteſtine motion raiſed by the occurſions and colliſions of particles of different gravities; for the ſpirituous for their levity and ſubtilty ſtrive to aſcend, and get to the ſurface and exhale; but the viſcid ones entangle them, ſtop their aſcent and prevent their exhaling.

The included air is a great inſtrument or cauſe of it, for the motions and expanſions of its particles being intercepted between the ſubtile and vicious parts of the fermenting liquor, they ſtrive ſtill to dilate, aſcend and eſcape.

Theſe colliſions of the different particles, and the actions of the air, are two cauſes of this action.

Things that promote Fermentation are.

1. *Reſt*, that ſo the yeaſt on the ſurface, be neither too much nor too often broken, and give opportunity to the ſpirits to exhale and eſcape.

2. A free admiſſion of the external air, ſo that it may have acceſs to, even the midſt of the working ale, unleſs the air be very heavy, for if ſo, the great preſſure of the atmoſphere, will put a ſtop to the fermentation.

3. Temperate weather is neceſſary; for an over rarified or compreſs'd air, are the bane of fermentation.

Hence it is abſolutely neceſſary to chuſe a fit time of the year; when the air and water abound with exhalations from vegetables of the ſame kind; for the fermenting liquor ſucks in theſe particles which float in the air, by which the ſtrength and ſpirit of the liquor is heightened, and fermentation promoted.

Thus

Thus ale of made peaſe, beans, rye, or nuts would ferment leſs and be ſtrongeſt, if made when the grain was in flower: And for this reaſon it is, that wines are on the fret, when vines are in the bloſſom.

So roſe water that is flat and dead, will recover its fragarant ſcent when roſes are in their prime, though it be at ſome hundred miles diſtant from the land where they grew.

From whence we may Learn.

1. The great diſſipation and wide expanſion of the exhaling particles of vegetables.
2. The elaſticity of the air.
3. Its conſtant inteſtine commotions.
4. Its neceſſary communications over the whole globe.

The chief Appearances that happen during Fermentation are.

1. After the wort and barm have been mix'd, the liquors begin to ſwell, riſe up and rarefy, and ſet up many ſmall bubbles on the top, which breaking by the ſuperincumbent pillar of air, ſend forth a hiſſing noiſe and turn into froth; and the whole liquor that was before tranſparent, becomes opaque or dark, and there is a very ſtrong and inteſtine motion diſcoverable in it.

2. The parts of the fermenting liquor, ſeem very elaſtick, and their motion very violent,

2. A thick ſkin or cruſty ſcurf is found on the top of the liquor; but not ſo compact as to prevent the eſcape of the elaſtick matters through it. Then this ſeems to be the chief cauſe of fermentation, for it hinders the diſſipation and waſte of the ſpirituous parts of the liquor; and if it be often broken it retards fermentation, or if it be wholly taken off, the further action of the liquor is put a ſtop to.

4. This cruſt of yeaſt at the top, waſtes away by degrees, and falls down to the bottom of the liquor, and is called its dregs or mother; and then the liquor above it becomes clear again, ceaſes to hiſs and bubble, has a ſharp ſpirituous taſte partly ſour, and partly ſweet.

If a fermentation riſes too high, it may bs eaſily check'd, by caſting into the wort oil of ſulphur, ſpirit of ſalt, ſpirit or oil of vitriol, or any other acid; or what is uſually done by wine coopers, when their wine is on the fret, either by

much motion, or in the ſpring of the year; they burn a little ſulphur under or near the veſſel, and that checks the fury at once.

The fermentation of moloſſes is laid in a moment, by throwing a little powder of *Jalap* into it.

2. If the ale be ready, tun it up, and ſtop the veſſel ſo that the liquor may have no communication with the external air. Or,

3. Exhauſt the air out of the caſk, and ſo ſhut it up. Or.

4. Set the caſk in ſome very cold water. Or,

5. Compreſs the air in the caſk, and ſo ſhut it up.

The fermentation of wort is done beſt in a veſſel that is well ſeaſon'd

1. Becauſe the parts of the liquor before fermented in it, having impregnated it, they preſently exert their force upon the new liquor, rouze up its parts, and determine them to action much ſooner, than any new unſeaſon'd caſk could do.

Nay the ſeaſon'd veſſel of it ſelf will excite a fermenmentation in the wort.

2. A new veſſel not only renders the fermentation weaker and ſlower, but imbibes from the liquor a large ſhare of the ſpirits and fermentable parts, which cauſes what remains when work'd, to taſte more flat and vapid, and therefore this veſſel for fermentation ſhould be of wood; for earthen or glaz'd veſſels do never ſuffer a fermentation to go on regularly; but are proper only to diſcover the Phenomena which occur during the action

If the wort when boiled were put into ſeaſon'd veſſels and ſuffered to ſtand, it would ferment of it ſelf, but in the winter time it would work but very ſlowly and imperfectly; therefore there is ſtill need to add a ferment, which is uſually yeaſt or barm.

But country people who live at a good diſtance from towns or publick houſes, make uſe of divers contrivanees to cauſe a fermentation in worts, which ſhall always be ready, as honey, ſugar or leaven put into wort, do all raiſe fermentation.

Some uſe flour and eggs; others *Caſtile* ſoap, or the eſſential oil of barley, or the quinteſſence of malt or wine, or ſal *Panariſtus*, or barm taken from the top of the vat and ſet to ſettle, then pour water upon it, changing the water

ter once a week, the barm will be good ſix or eight weeks after.

Some throw a broom or juniper branch, or a withe made of hazel into a working vat, and let them lie in the working liquor, during its fermentation; then they take it out, and hang it up in a dry place, where though it dries, it preſerves its fermenting quality, and will be ready and as good as barm, tho' not us'd for nine months after, nay ſome ſay ſeveral years

Of FERMENTING *and working Beers or Ales*

In the firſt place it is to be conſidered, that yeaſt is a very ſtrong acid, abounding with ſubtile, ſpirituous qualities, whoſe particles being wrap'd up in thoſe that are viſcid, are by their being mixed with the wort brought to an inteſtine motion, cauſed by the particles of different gravities.

For as the ſpirituous parts of the wort, will be continually ſtriving to get up to the ſurface, the glutinous adheſive ones of the yeaſt will be as conſtant in retarding, or hindering their aſcent, and ſo prevent their eſcape; by which the ſpirituous liquors are ſet looſe, and free from their viſcid confinements as appears by the froth on the top, and to this end a moderate warmth haſtens the operation, by its opening the viſcidities, in which ſome ſpirituous parts may be entangled, and unbends the ſpring of the included air.

The viſcid parts that are raiſed to the top, not only on account of their own lightneſs; but by the continual efforts and occurſions of the ſpirits to get uppermoſt, ſhew when the ferment is at higheſt, and hinders the finer ſpirits from making their eſcape; but if this inteſtine operation is permitted to continue too long, a great many of them will eſcape, and the remaining of them will grow flat and vapid,

Now tho' a ſmall quantity of yeaſt is requiſite to break the band of corruption in the wort, yet it is in it ſelf of a poiſonous nature, as many other acids are; for if a plaſter of thick yeaſt be apply'd to the wriſts, as is ſometimes done for agues, it will there raiſe little puſtules, or bliſters, in ſome degree like the venomous *Cantharides*.

And yet ſeveral perſons do beat the yeaſt into the wort for a week together, or longer to improve it, as they imagine or call it; but more properly ſpeaking, is loading

the wort with its heavy and ſtrong ſpirituous particles, and that for two reaſons.

Firſt. Becauſe it will make the liquor ſo heady, that five buſhels of malt, will make wort equal in ſtrength to ſix, and that by means of the ſtupefying narcotick qualities of the yeaſt.

This mercenary ſubtilty (ſays an ingenious brewer) and impoſition has ſo prevail'd with the vulgar and ignorant, that have frequented ale-houſes, where they have met with ſuch drinks, ſuppoſing their drinks were ſtronger and better than others, and that this was the pure effects of the malt when at the ſame time they were driving nails in their coffins, by impregnating the blood with the noxious qualities of this poiſonous acid, as has been experienc'd by many of its drinkers, in ſuffering violent head aches, loſs of appetite, and other inconveniences the next day, and ſometimes longer after a debauch of ſuch liquor.

Secondly. It is alledg'd for beating the yeaſt into the wort that it gives it a fine twang or reliſh, or as ſome call it in *London*, makes the ale bite of the yeaſt; whereas it ſeems rather to prove a diſcovery of the infection by the nauſeouſneſs of its taſte.

Of Fermentaing Drinks brew'd in private Families

The beſt way is to put ſome yeaſt into a ſmall quantity of warm wort in a hand bowl, which is ſet a ſwimming on the top for a little while, where it works out leiſurely, mixes with the wort that is ſuffered to be firſt quite cold in ſummer, and almoſt cold in winter; for by how much the cooler it is fermented or work'd, by ſo much longer will it keep; too much heat agitating the ſpirituous particles into too quick a motion, whereby they either ſpend themſelves too faſt, or fly away too ſoon, and then the drink will certainly work into a bliſter'd head, which is never natural; but when it ferments by moderate degrees into a fine white curl'd head, the working is truly genuine, and plainly ſhew that the brewer has managed it rightly.

To one hogſhead of beer that is to be kept nine months may be allowed a quart of thick yeaſt, and ſet it to ferment as cool as it will admit to be, for two days together, either in *March* or *October*; and if you find it works too faſt, you may check it at pleaſure, by ſtirring in ſome raw wort with a hand-bowl.

In

In like manner in country ales, the ſame method is to be uſed, becauſe they are to be kept ſome time; and ſome perſons do ſo nicely obſerve this method as to do the ſame by their ſmall beer wort.

Now by theſe additions of raw wort, there are as often new commotions raiſed in the beer or ale, which muſt of neceſſity contribute to the rarefying and commuting the whole.

But I ſhall not determine whether it is by theſe joining principles of the wort and yeaſt, that the drink is render'd ſmoother; or that the ſpirituous parts are more entangled and kept from making their eſcape: Yet certain it is, that ſuch ſmall liquors generally ſparkle and knit out of the barrel as others do out of a bottle, and is very pleaſant.

Some for butt or ſtout beer, when they find it works up with a ſtiff yeaſt, will mix it once, and beat it in with a hand bowl, and when it has work'd up a ſecond time in ſuch manner, put it up into the veſſel with the yeaſt on the top and the ſediments at the bottom, and reſerve ſome of it in a tub to fill the caſk up as it works over, and when it has done working, leave it with a thick head on, to preſerve it.

But if ale is to be kept very long, they hop it accordingly and beat the yeaſt in every four or five hours for two days ſucceſſively in warm weather, and four in the winter, till the yeaſt begins to work heavy and ſticks to the hollow part of the bowl if it be turn'd down on the ſame; then they take all the yeaſt off at the top and leave all the dregs behind; putting up none but the clear drink, and after it hath work'd a little in the barrel, it will in a few days be fine, and fit for drinking.

But the pernicious error of beating in the yeaſt too long, has been ſufficiently detected, and it is certain that light fermentations are the moſt natural for malt liquors and human bodies.

To forward the FERMENTATION *of Malt Liquor,*

If either ale, or beer is backward in working, it is a practice to throw over it ſome flour out of a drudging-box, or with the hand over the top of the drink, which becomes a ſort of cruſt or cover to help to keep the cold out; others put in an ounce or two of powdered ginger, which will heat the wort ſo as to bring it forward: others fill a gallon

ſtone

ſtone-bottle with boiling water and put into the tub of wort well cork'd, which will for ſome time communicate a heat and forward the fermentation.

Others put by ſome of the raw wort, which they beat and mix with the reſt, which they put in an earthen veſſel, but great care muſt be uſed, that the veſſel in which it is heated has no manner of greaſe about it, which will hinder its fermenting.

For retarding the FERMENTATION.

For retarding and keeping back the working of any drink that is too much heated in working, the cold raw wort is the moſt proper of any thing to check it: Or it may be broke into ſeveral other tubs and the fury will be taken off by the ſhallowneſs of lying in them; but ſome put pewter diſhes into it for that purpoſe.

Others again tie up bran in a coarſe thin cloth and put it into the vat, whereby the ſpungy and floury nature and cloſe bulk, it will abſorb a quantity of the drink and cauſe a heat that will forward the working.

Others again beat up the whites of a couple of eggs with half a quartern of good brandy, and put it either into the working tub, or into the caſk, and put a warm cloth over the bung, and that quickly brings it forward. See *Brewing* and *Diſtilling*.

FERN. The root of the male fern taken to the Quantity of four drams in honey water, is good for killing large worms in the body; but before this be taken, the perſon muſt firſt eat garlick. It will alſo cure the ſwelling of the ſpleen.

The leaves of the female fern freſh gathered and eaten amongſt other herbs, are good for opening the body.

The root being put into a hogſhead, will prevent wine from growing ſowr.

To dry GREEN FIGS.

Let your figs be white and at the full growth, before they change colour, ſlit them at the bottom; put them into ſcalding water; but let them not boil, till they are turn'd yellow; then ſet them by till they are cold, cover them cloſe, laying ſomething on them to keep them under water; then ſet them on the fire again, and when they are ready to boil, put in a ſmall quantity of verdegreaſe and vinegar, and keep them

them in a ſcald till they are green; then put them into boiling water and boil them till they are tender, lay them out to drain and clarify a pound and half of ſingle refin'd ſugar to every pound of figs; into which, when it is cold put in the figs, and let them lie all night in the cold ſyrup; the next day boil them till they are very clear, and the ſyrup is very thick, after this give them a ſcald every day for a week, then lay them out on plates and ſet them to dry in a ſtove, turning them every day; and having weigh'd the figs when raw, put a pound of ſugar to a pint of water anſwerable to the weight of the figs.

If the figs grow too dry, you may put them into the ſyrup again, and they will ſeem to be new to the end of the year.

To dry black FIGS.

Having weigh'd your figs, ſlit them at the bottom; then throw them into boiling water; and boil them till they are very tender; drain them well from the water; and having made a ſyrup of clarified ſingle refin'd loaf ſugar equal to their weight, and half a pint of water to a pound of ſugar into this, when it is cold, put the figs, letting them remain in it all night; the next day boil them till they are very clear; giving them a ſcald every day till the ſyrup grows thick, then lay them out as you uſe them, but always when you take any out heat the ſyrup again or elſe they will not keep. If they grow too dry, you may put them into the ſyrup again, giving the ſyrup a ſcald.

Obſervations concerning FISH.

It is to be obſerv'd that all fiſh that will live a long time out of water will ſicken, and their fleſh will become infirm by lying in the air; therefore if fiſh are to be ſent a days journey, or kept a day before they are dreſs'd, it will be beſt to kill them as ſoon as they are taken out of the water, and the fleſh will be firm.

Some experienc'd perſons who have made fiſhing their ſtudy, ſay, that the goodneſs of boil'd fiſh conſiſts chiefly in the firmneſs of their fleſh; and in the next place; that the fleſh parts eaſily from the bone; and to effect this they direct to kill the fiſh immediately after they are taken out of the water, and when you are about to boil them to put two or three handfuls of ſalt into two or three

three quarts of water, and in proportion, to put in the fiſh while the water is cold, then to ſet them on the fire and make them boil as quick as poſſible, without covering the fiſh water.

A SAUCE *for* BOIL'D FISH.

Boil an onion, a bunch of ſweet-herbs, ſome horſe-radiſh ſlic'd, an anchovy in beef gravy, and a little white wine well; then ſtrain the liquor and add to it a ſpoonful of muſhroom katchup, and thicken it with butter, mix'd with flour; and if it be for fiſh day, you may uſe muſhroom gravy; or a greater quantity of muſhrom gravy, or fiſh gravy inſtead of the beef gravy.

FISH-BROTH.

Cleanſe tenches, pikes eeels and carps from their ſlime, and cut off their gills, then put all into a great kettle or pot with water, ſalt, a bunch of ſweet-herbs, an onion ſtuck with cloves and ſome butter; boil all for an hour and a half, ſtrain it through a linen cloth, and pour ſome of it ſeparately into three pots, into one of which put in the pickings of muſhrooms, which you muſt afterwards take out by ſtraining them through a ſieve with a cullis, fry'd flour, and a piece of green lemon; this thickening liquor may ſerve for brown pottages, as alſo for ſide diſhes and inter-meſſes.

In the ſecond put pounded almonds with the yolks of hard eggs for white pottages, particularly thoſe of profitrolles, ſmelts, perches, ſoles and other fiſh dreſt in white broth and for ſome ragoes of the like nature.

3. In the third pot the fiſh of all the pottages, as well white as brown, both for the ſide diſhes and inter-meſſes, may be boil'd together, to make ſome jelly.

Another.

Hang a pot over the fire with water, whole onions, parſnips, parſley roots, ſorrel and all ſweet-herbs, and good butter, ſeaſon all well, then add the bones and carcaſſes of fiſhes, the fleſh of which has been taken off to make farces; and even the entrails of thoſe that have been farced after they have been well cleanſed, and alſo the tails of cray-fiſhes pounded with four or five ſpoonfuls of onion juice.

When

When the whole meſs is finiſhed and ſufficiently boil'd ſtrain it through a ſieve, put it again into the the pot, and keep it hot to lay the ſoups a ſoaking, to prepare the fiſh for the potage and other uſes.

FISH FARCE.

Take carps, pikes or other fiſhes, and mix all well upon a dreſſer, alſo prepare an omelet that is not fry'd too much with muſhrooms, truffles, parſly and chibbols, and let all be put upon the farce, when it has been well ordered and ſeaſoned; you may alſo add to theſe the crum of a loaf ſoak'd in milk with butter and yolks of eggs, and you muſt take care to, thicken the ſauce well, this farce may ſerve for farcing ſoles and carps, to make andovillets, croquets and every thing that may be thought convenient, as it were on fleſh days.

FITS *of the* MOTHER.

The ſymptoms that accompany this diſtemper are the vertigo, dimneſs of ſight, reſtleneſs and pain in the bottom of the belly, belchings, inclination to vomit, delirium and convulſions.

The remedies are ſtrong odours as thoſe of caſtoreum and the fumes of hartshorn and feathers put under the noſe, are good to allay the diſtemper.

Alſo beat two eggs very well even to a froth or foam, and put it upon hemp tow, then ſtew powder of frankincenſe and pepper both in powder upon the eggs, and firſt the frankincenſe and then the pepper, and then take it. The tow muſt be alſo apply'd to the belly.

FLAX is a plant that riſes out of the ground with a long ſlender ſtalk, ſet with ſlender, narrow leaves, and bears flowers of a bright blue colour, which as they fall away are ſucceeded by round ſeed veſſels as large as peaſe, including yellowiſh ſeeds, which are call'd linſeeds.

Flax delights to grow in ground freſh broken up, and in a ſtiff clayey ground, which is not the worſe, if it be ſomewhat moiſt, from ſuch ground it will grow very ſtrong; but then the flax will not be very fine.

There is but little trouble in the ſowing the ſeed for that the ground need be plough'd but once.

This ſeed is to be ſown in *March*; or ſome ſow it in *April*, and

and others defer the doing it till *May*, ſuppoſing that by ſowing it late in the ſummer months, the flax will not be over nouriſhed, and will conſequently be the finer; or elſe that ſome grounds which will not bear ploughing ſo early in the year as *March*.

Indeed there is ſo much difference in the ſituation of grounds that even in the ſame pariſh ſome hills, the ground lying on the ſouth ſide, has been fit to plough and ſow in *February* or at lateſt in *March*, and that on the north ſide not till the end of *April*. But at what time ſoever it be ſown, which ſhould be whenever the ground ſhall be fit for ploughing, if it can be poſſible contrive, ſo that the ſeed be in the ground at ſuch a time as rain may be expected, for it requires wet to bring it up.

As for the time when the flax is fit to gather, that may be known by the yellowiſh colour of the ſtalk, and the fulneſs of the growth of the ſeed veſſels at which time it is to be pluck'd up by the roots and ty'd up in bundles to be ſet upright and expos'd to the ſun, the ſeeds veſſels being then combed off with a ſort of iron comb; theſe ſeeds having lain expos'd to the ſun a few days will be fit to be preſs'd for linſeed oil.

When the ſtalks are grown pretty dry, then lay the bundles in water in a place where they may be under the influence of the ſun, and lay a weight upon them under water, till the rind or outer ſkin of the ſtalks begin to grow loſe, and rot; then unlooſe the bundles and ſpread them in the ſun, that they may dry thoroughly, then beat them with beetles, till the outer rind and all the pulpy part is quite loſt, ſo that there remains only the ſtrings of the flax; then comb and hack it with iron combs till it is drawn out fine, and ſhines like ſilk, the more it is combed the finer it will be.

That which is thus combed from the flax is call'd tow, and is us'd for coarſe work, for weaving a ſort of harſh cloth and the pure flux is us'd for making the fineſt linen.

The flax, *&c.* being ſpun is ſent to the weavers, and when it is woven the flaxen cloth is laid in the hot ſun and watered till it becomes very white, and then it is fit to be made into ſuch garments, and for other neceſſary uſes.

In ſome caſes this flaxen or linen thread is dy'd of ſeveral colours before it is woven into cloth, or elſe when it is woven and whitened it is printed with variety of figures and colours which makes a light ſummer wear for women.

But even in the weaving of it there is a great variety as the plain cloth brought from *Holland*, cambrick, lawns, diapers

diapers, damaſks, huckaback, &c. which are all the product of flax but only dreſs'd and wrought ſeveral ways, and alſo all laces, ſowing thread, &c. are made of flax.

FLAX WEED is of a hot, moiſt, bitter quality; it provokes urine, for which the decoction of its leaves are excellent; it is alſo good for expelling of poiſon, diſſolving coagulated blood, and promoting womens menſes.

FLEAS, *to kill.*

1. Rub a ſmall ſtick with the greaſe of a hedge hog and fix it in the middle of the room and all the fleas, as ſome ſay, will flock to it and periſh.
2. Water the room with lye and goats milk mix'd together.
3. Put copperas or vitriol into a pail of water, and when it is diſſolv'd water the room with it.
4. Make a decoction of land caltrop, bramble, arſe-ſmart, coloquintida and cabbage leaves and ſpread it about the room, and it will either drive the fleas away or kill them.
5. Boil the leaves of lupine and wormwood in water, and water the room with it, or with the water that wormwood, colloquintida, peach tree leaves, vervein and coriander has been boiled.

A STEAK FLORENDINE.

Take a neck of mutton, cut it into ſtakes, take off the ſkin, and the fat at the thick end, ſeaſon it with pepper and ſalt, lay them into your diſh with an anchovy, minc'd ſmall, a little nutmeg ſlic'd thin and a little thyme, ſhred fine, and a pint of oiſters, balls of forc'd meat, half a pint of claret and half a pint of water, cover the diſh with puff-paſte and bake it.

To CANDY *any Sort of* FLOWER.

Take the beſt treble refin'd ſugar, break it into lumps and dip them piece by piece in water; put them into a ſilver ſauce-pan or baſon; melt them over the fire, and when it juſt begins to boil, ſtrain it through a muſlin and ſet it on the fire again, and boil it till it draws in hairs, which may be try'd by holding up the ſpoon; then put in flowers

flowers of what ſort ſoever, and ſet them in cups or glaſſes, and when it is of a hard candy, break it into lumps and lay it as high as you pleaſe; dry it in a ſtove or the ſun, and it will look like ſugar-candy.

FLOWER-DE-LUCE.

The root of it is good againſt coughs; it diſſolves and ſubtilizes the groſs humour, that cannot be diſcharg'd by ſpitting, ſeven drams of it in ſome proper liquor, will purge away the water and groſs phlegm, and is very good for the dropſy.

The root of the baſtard flower-de-luce is cold and deſiccative, being taken in ſome proper liquor, it is good againſt all the indiſpoſitions of the brain: it retains the urine and the meaſles, and ſtops the bloody flux. The juice eſpecially produces the ſame effect.

Being put into gliſters it allays the pain of the ſciatica; the root dry'd and powdered cleanſes and conſolidates hollow and filthy ulcers. Being held in the mouth it ſweetens the breath; being put among cloths it hinders them from being worm or moth eaten.

The juice of the root being taken inwardly ſeveral times evacuates dropſical water, eſpecially if mixt with the yolk of an half boil'd egg.

The roots mixt with hellebore and twice the quantity of hony, takes away pimples, redneſs and freckles, the face being rubb'd therewith.

A decoction of the roots removes obſtructions caus'd by a groſs humour, provokes urine and kills the worms.

The *Italians* preſerve this root when it is quite freſh with ſugar or hony and uſe it for all the forementioned purpoſes, they make an oil of the flowers ſteep'd in oil, which has the vertue of mollifying, diſſolving and allaying the pains of the gout proceeding from a cold cauſe.

To make FLUMMERY.

Put three large handfuls of finely ground oat meal to ſteep for 24 hours in two quarts of fair water; then pour off the clear water and put two quarts of freſh water to it; ſtrain it thro' a fine hair ſieve and boil it till it is as thick as a haſty pudding; ſtirring it continually while it is boiling that it may be extraordinary ſmooth; and when you firſt ſtrain it out before you ſet it on the fire, put in two ſpoonful of

orange-

orange-flower-water and a ſpoonful of ſugar, when it is boil'd enough, pour it out into ſhallow diſhes and ſerve it.

HARTS-HORN FLUMMERY.

Boil half a pound of ſhavings of harts-horn in three pints of ſpring-water over a gentle fire; then ſtrain it through a fine ſieve into the baſon, and ſet it by till it is cold; then juſt melt it over the fire and add a quarter of a pint of white wine, half a pint of new thick cream, and two ſpoonfuls of orange-flower-water; ſcald the cream and let it ſtand till it is cold before you mix it with the wine and jelly; ſweeten it with double refin'd ſugar to your palate; keeping beating it for an hour and a half all one way; or elſe it will not mix nor pleaſe you by its looks; dip your cups in water, before you pour it into them, or elſe it will not turn out well: let it ſtand in them 24 hours before you ſpend it; then turn it out and ſtick it all over the top with ſlips of blanch'd almonds. It may be eat either with cream or wine, as you pleaſe.

FLUMMERY.

One way us'd in the weſt of *England* is to ſteep half a peck of wheat bran for three or four days in cold water, and then to ſtrain out the oily and milky water of it, and to boil it to a jelly, and afterwards it is ſweetened with ſugar, roſe and orange-flower-water, and then it is let ſtand till it is cold, and thickened again, and eaten with white or Rheniſh wine or cream milk.

Another Way.

Put two handfuls of fine ground oatmeal into a quart of fair water, and let it ſtand to ſteep a day and a night, then pour off the clear water, and put the ſame quantity of freſh water to it, paſſing it through a fine ſieve, and then boil it till it is as thick as a haſty pudding, ſtirring it all the while that it may be very ſmooth; and when you firſt ſtrain it out before you ſet it on the fire, put in one ſpoonful of ſugar, and another of orange-flower-water, when it is boil'd enough pour it out into ſhallow diſhes for uſe.

HARTSHORN FLUMMERY.

Boil a quarter of a pound of harts-horn in two quarts of water till it comes to one; let it ſtand all night; then beat and blanch two ounces of almonds, melt the jelly, mix it with the almonds and ſtrain them through a thin ſtrainer or hair ſieve; then put in half a quarter of a pint of cream, a little cinnamon, and a blade of mace; boil theſe together and ſweeten it.

Put it into *China* cups, when you uſe it, turn it out of the cups and eat it with cream.

The BLOODY FLUX *in a Cow.*

Take either one ounce of elder buds or elder flowers if green, if dry two ounces, hyſſop, mallows and celandine of each an handful, boil theſe in five pints of old ſtrong beer, or if it be but of a ſmall breed in three pints, add anniſeeds and liquorice of each about two ounces with treacle and butter, of each ſix ounces, and add madder two ounces.

Give this to the cow, keep her warm and give her warm maſhes, grating into each a quarter of an ounce of oak bark; let her have no cold water; but maſhes only.

To make a good FORC'D MEAT *for any uſe.*

Take two pound of veal, the ſame quantity of beef ſuet, and a bit of bacon; chop all theſe together very fine, pound them in a mortar and ſeaſon with ſalt, pepper, cloves, mace, nutmeg and ſweet-herbs; and when you roll it up to fry add the yolks of four or five eggs to bind it. You may if you pleaſe add oiſters or marrow.

FOWLS. A croſs ſtrain of fowls in the month of *April* may be produc'd between a cock pheaſant and the hens of common poultry, if a cock pheaſant be kept in a company of ſix or ſeven hens, in a place where there can be no other mixture, and the fowls bred from this breed will be of delicate breed.

To preſerve FOWLS *for ſending to a conſiderable Diſtance.*

If you would have fowls preſerv'd ſweet and good for ſeveral days, obſerve the following directions.

When the fowls are ki'''d, pull them immediately, draw them

them and dry a napkin very well, and as ſoon as it is cold, dry the inſide of the fowls with it as much as poſſible you can, and lay them in another dry, cool napkin till they are quite cold, then put them into a dry glaz'd earthen veſſel and having melted a ſufficient quantity of good butter pour it over them, ſo as to cover them 12 inches; but take care not to pour the butter on them too hot.

After this manner fowls of any ſort may be kept three weeks or a month in hot weather, and will keep good, bear roaſting as well as a fowl that has been kill'd but a day, if not better.

As to the expence of butter there is no great objection to be made againſt that, becauſe that will be uſeful after there has been occaſion to uſe the fowls.

To farce or ſtuff a FOWL.

Having made the fowl ready for roaſting, and boil'd the liver, chop it with a ſhallot, a little fat of bacon, ſome muſhrooms and the bottom of a boil'd artichoke, and a little grated bread, with theſe make a forc'd meat, ſeaſon'd with ſalt and ſpices, with theſe fill the belly of the fowl, and then truſs it, ſpit it, cover the breaſt with a thin ſlice of fat bacon and cover that with a white paper.

Roaſt it, and ſerve it up with the following ſauce.

Make a haſh of muſhrooms, an anchovy, a few capers and ſome gravy boil'd together with ſuch ſeaſoning as will pleaſe your palate; thicken or brown the ſauce and ſerve it up.

Another Way.

Having roaſted ſome pullets, mince the fleſh of the breaſts very ſmall with ſome fat of boil'd bacon, a little onion and parſly, and a few muſhrooms, and crums of bread, ſoak'd in cream over a gentle fire, adding the yolks of two or three eggs to the minc'd meat; having mix'd all together, fill the breaſt of the fowls in their proper ſhape with the forc'd meat, and beat up ſome whites of eggs to go over them, and then cover them thick with crumbs of bread, the fowls having firſt been laid commodiouſly in a diſh, then ſet them in an oven till they have taken a fine-brown colour.

You may, if you pleaſe, make ſome of this forc'd meat into balls and fry them, or you may make a batter of eggs,

milk and wheat flour, and dip ſmall parcels of the farce into it to fry for garniſh.

You may make a ſauce to theſe forced fowls with ſtew'd muſhrooms, toſs'd up with cream.

Of the FOXING *or* TAINTING MALT *Liquors.*

Foxing is a misfortune or rather a diſeaſe in malt drinks, which is caus'd ſeveral ways; as by the naſtineſs of the utenſils; or the putting the worts too thick or quick together into the back or cooler; the brewing too often and ſoon on after another, and ſometimes by bad malts and waters, and the liquors taken in wrong heats, which are of ſuch pernicious conſequence to great brewers eſpecially, that they ſometimes cannot recover and bring their matters into a right order again under a week or fortnight.

This to them is ſo hurtful that it is a general law among them, that if any of the ſervants names the word *Fox* or foxing in the brewhouſe he forfeits ſix-pence, and therefore they are oblig'd to call it *Regnards.*

And the name is deriv'd from a *Fox* becauſe that the drink being tainted may be ſmelt at ſome diſtance, ſome what like a fox.

This happens moſtly in hot weather, and cauſes the beer or ale ſo tainted to have a fulſome ſickiſh taſte, and will if it have it in a great degree, become ropy like treacle, and in ſome ſhort time turn ſour.

One way to prevent this is cleaning the brewing veſſels well with a hand bruſh, aſhes or ſand every brewing.

Another way is with the hop; and that is, when the wort has run into the tub out of the maſhing vat by throwing ſome hops into it directly before it goes into the copper, which will ſecure it againſt ropineſs or ſourneſs, which are the two effects of foxed worts or drinks.

And if a perſon has not hops enough and is apprehenſive that his drink will be foxed by lying too thick in the coolers or working tubs, then let him put ſome freſh hops into the tubs, and work them with the yeaſt.

Some ſift quick lime into foxed drinks, while they are working in the tun or vat, that its fire and ſalts may break the coheſion of beer or ales and burn away the ſtench, that the corruption has cauſed; but then ſuch drink ſhould be drawn off as free as poſſible by a peg at the bottom of the fat and the dregs left behind.

FRAXINEL *or baſtard Dittany.*

The root of this is cordial, opening and alexitary; it kills worms, is good againſt all ſorts of poiſons, and the bitings and ſtingings of venomous creatures. It ſtrengthens the ſtomach, is good for purſiveneſs and ſhortneſs of breath; a water being prepar'd of its flowers and ſnuff'd up the noſe, is good for inveterate head aches, proceeding from a cold cauſe.

FRECKLES, *to get them away.*

Put the juice of lemons into a glaſs bottle with fine ſugar, and borax in powder, digeſt theſe eight days in ſand, and then uſe it: or you may mix ſalt of tartar with whites of eggs and apply it.

FRITTERS.

Take a pint of flour or rather more, add to it three ſmall cream cheeſes, that is about a pound of that ſort of cheeſe, which ſhould be made the ſame day; break into it three eggs or as much marrow as an egg, grated or minc'd ſmall, mix all well together, adding a little white wine, ſeaſon with ſalt, powder ſugar, let it be of the conſiſtence of pap; then add apples cut into ſlices and ſome lemon peel grated.

Heat hogs lard or butter or oil hot and ſtirring the butter about put it in by ſpoonfuls; when they are enough, put them into a diſh, let them drain, ſtrew ſugar and drop roſe or orange-flower-water over them.

Another Way.

Boil rice in either milk or water very thick, let it ſtand to be cold, then pound and add ſweet almonds peel'd and pounded; put it into a diſh and add half as much flower, ſeaſon with a little ſalt; and ſome raw eggs, and white wine and milk as you ſhall think convenient; mix all well together, making them of the conſiſtence of a pap, neither too thick nor too ſoft. You may if you pleaſe mix ſome currants with it and a little grated lemon-peel.

Fry them as before; but on both ſides, drain them, ſugar them, &c. and eat them.

Good FRITTERS.

Mix a pint of cream thick with flour; beat the yolks of 12 and whites of four eggs, half a ſcore ſpoonfuls of Canary and ſtrain them into the butter; put in ſome nutmeg, grated ginger, and cinnamon finely powdered; then add a pint more of cream, and beat the butter for an hour; pare ſome apples, ſlice them thin and dip every piece in the butter, and toſs them into a pan full of boiling lard.

To SCALD *any Sort of* FRUIT.

Put the fruit into as much ſcalding water as will juſt cover it, ſet it over a gentle fire; and keep them in a ſcalding ſtate till they are tender, turning the fruit where it is not covered with the water; when it is very tender lay a paper cloſe to it and let it ſtand it is cold.

Then for each pound of fruit allow half a pound of ſugar, boiling them together; but gently till it looks clear.

All fruit muſt be done whole but pippins and they will be beſt in halves and quarters; and a little orange-peel boil'd and put to them with the juice of a lemon.

To preſerve FRUIT *for Tarts.*

If it be gooſeberries, let them be fully grown, but not ripe, and gathered in dry weather and pick'd clean from the ſtalks and tops; then put them into a bottle made for ſuch uſes with large wide necks, and cork them gently with new ſound corks, and ſet them into an oven after bread is drawn, letting them ſtand there till they have ſhrunk about a fourth part, obſerving to change them now and then, becauſe thoſe that are ſet at the further part of the oven will be done the ſooneſt.

When they are enough, take them out and beat the corks in tight as you can; and having cut the tops off even with the mouth of the bottles pitch them over and ſet them in a dry place. *Dutch* gooſeberries are the beſt.

Cherries and currants are done the ſame way, only they muſt be fully uripe.

Another Way.

They are to be half preſerv'd with ſugar, *i. e.* with half a pound of ſugar to every pound of fruit.

Apri-

Apricocks may be ſplit and are from the ſkin and boil'd in a ſyrup and they will keep the year round, and will make very fine tarts.

As for cherries, pick them from the ſtalks, and lay them on a fine wire ſieve, and dry them in an oven, and when they are dry'd enough and quite cold, put them into an earthen glaz'd jar and ſtop them up cloſe; and keep them in a dry place.

FUMITORY is good to cure the itch, ſcurf and tetters; it removes the obſtructions of the ſpleen and liver, and purges choler perfectly well, even that which is in the veins.

The vertue may however be help'd with a little ſena, caſſia or whey; you may give two ounces of its juice in a glaſs of whey or with an ounce of manna to purge dropſical perſons; eight ounces of its decoction or three or four drams of its leaves in powder will likewiſe have a good effect.

The yellow mountain fumitory, if the whole plant be eaten freſh or dry'd and reduc'd to powder, and taken in wine, is very good againſt the cholick.

It is proper for attenuating and cutting groſs humours, and diſcharging them by urine and ſo is good for the dropſy.

It alſo fortifies the noble parts and produces the ſame effects as the common fumitory.

G

The GALL *in Swine.*

THIS diſtemper ſhews it ſelf by a ſwelling that appears under the jaws, ſcarce happens but for want of appetite, and where the ſtomach is too cold to digeſt, as ſome authors ſay, and frequently affects thoſe ſwine that are confin'd in naſty ſties, and are neglected and ſtarved in their feeding.

For the cure, give them the juice of the leaves of coleworts, or cabbage with ſaffron, mixt with honey and water, the quantity of a pint.

GAMMON. The method of preparing *Mentz* gammons is, firſt to ſalt them with pure ſalt petre, to preſs them in a linnen cloth with a preſs for eight hours, to ſteep

them in ſpirits of wine in which are juniper berries pounded or macerated, and then dry'd with the ſmoke of juniper wood.

Another Way.

The very inſtant they cut them off, they lay them on the ground with a plank over them, where they leave it for 24 hours, then ſalt them over pork or elſe where, and then wrap them up in hay, and put them into a bin, making there a bed of earth, and a bed of gammon, where they lie for two days; then they take them out, and boil wine lees, with ſage, roſemary, hyſop, majoram, thyme and laurel, and pour it quite warm upon the gammons in a veſſel or bin well ſtopt, where they may lie two days more, then they hang them up in a chimney, or near the chimney, and ſmoke them for five or ſix hours at two ſeveral times, with a fire made of juniper.

Another way,

Is to ſalt the gammons, and to keep them five days in ſalt, then to take them out, and to put them in iron ſleings for the ſpace of ten hours; and afterwards they waſh them with ſome red vinegar, and put them up in ſome cloſe place, where they may make a fire of juniper wood twice a day for ten days together, or longer. By this way excellent gammon is made.

GAMMON ESSENCE. A preparation made for the dreſſing all ſorts of diſhes in which gammon is uſed; for which, take ſmall ſlices of raw gammon; beat them well and toſs them in a ſtew-pan with a little lard, then ſet them over a chafing-diſh, and bring them to a brown colour with a ſoup and a little flour; as ſoon as they are covered, put to them ſome gravy a handful of muſhrooms, chopt, and truffles minc'd, a bunch of chibbols and fine herbs, a clove of garlick, a few cloves, ſlices of lemon, ſome cruſts of bread and a little vinegar; when they have been all boil'd enough, ſtrain them through a ſieve, and ſet the gravy in a convenient place.

Fiſh GAMMON.

Take the roes of carps, fleſh of eels, freſh ſalmon and tenches; pound them in a mortar, with ſalt, pepper, nutmeg and

and butter; mix all theſe ſorts of fleſh well together, and make them as it were in a kind of gammon upon the the ſkins of carps; then wrap up the whole farce in a new linnen cloath, ſew it up very cloſe, and boil it in one half water and the other wine, ſeaſoned with cloves, pepper, and a bay leaf.

Let it cool in its own broth, and ſerve up with bay leaves, fine herbs chopt ſmall, and ſlices of lemon. It may alſo be cut into ſlices as real gammon.

GAMMON PYE.

Provide a good gammon, take off the ſkin or ſword with the bad fat, and cut off the hock and the bone in the middle; then cover it with bards or thin ſlices of bacon and beef-ſtakes; alſo ſpice, fine herbs, pieces of onion and a bay leaf; ſet this between two fires in a pot with the lid cloſe ſtopp'd, ſo that no ſteam may evaporate; let it ſtand to ſtew thus 12 or 16 hours with a moderate fire; when it has ſtood long enough ſet it by to cool in the ſame pot; in the mean time be preparing a thick paſte with flour, water, a little butter and an egg, with this make a border round the diſh you would ſerve it up in; make this border pretty thick, having a foot to bear the upper part; becauſe there is to be no bottom cruſt. Bake it, then take out the gammon, and pour off all the fat, and put it into a diſh with its own gravy, and fill up the intervals with the beef-ſtakes and ſome fat. You may add a little chopt parſley, ſtrew it with bread chippings, and colour it with red hot fire-ſhovels, in order to be ſerv'd up cold to table.

The GARGUT *or Blood in Swine.*

Country people look upon this diſtemper to be mortal and ſome call it the ſwine madneſs. It ſhews it ſelf almoſt like a fever in ſwine, by their ſtaggering in their gate, and their loathing their meat. However in the fever they will eat freely, till the very time they drop; but in this their ſtomach will fall off a day or two before the ſtaggering or giddineſs appears.

For the cure; bleed the hogs under the ears and under the tail, as ſoon as you perceive them ſeiz'd with this diſtemper; and to cauſe them to bleed freely, if they do not ſo without, beat them with a ſmall wan where the inciſions were made. After bleeding, keep the hog in the

hog

hog houſe, and give him barley and meal in warm-whey, and in them mix ſome madder, red oaker powder'd or whole.

GASCOIN POWDER, *to make*

Take prepared crabs eye, white amber and red coral, of each a quarter of an ounce, powder'd very fine; pearls half an ounce finely powdered, oriental bezoar half an ounce; burnt hartſhorn a quarter of an ounce; the black tops of crabs claws finely powdered, two ounces; grind them all on a marble-ſtone, till they caſt a greeniſh colour; then make it into balls made of the jelly of *Engliſh* viper ſkin, which may be made and will jelly like hartſhorn.

To make COLOGN'S GENEVA

Take two gallons of good brandy and four pounds of juniper berries full ripe and freſh gathered; preſs them till you perceive a greeniſh liquor come from them; then put them into the brandy, and let them infuſe for about ten days; then ſtrain them through a coarſe linnen cloth and ſqueeze it, and if you find the liquor too ſtrong you may weaken it with more brandy; and add half a pound of ſugar to a gallon. then put it in flaſks orbottles.

Then infuſe the preſſings in brandy for ſix or ſeven days, and then diſtill them.

This they call double *Cologn*'s gin, and the beſt is ſold in *Holland* at three ſhillings and ſix-pence a quart.

GERMANDER. The decoction of this herb when freſh, is good for a cough, the cramp, hardneſs of the ſpleen, ſtoppage of urine, and the beginning of a dropſey; it is helpful to women in labour, alſo provokes the *menſes*: A water diſtill'd from it, taken with vinegar, if it be taken with ſome wine is helpful in all the diſtempers of the brain, proceeding from cold cauſes; as inveterate head aches, falling ſickneſs, and palſey.

GIMBEL, a kind of paſtry work that is hard, about the thickneſs of one's little finger, form'd round, and made in the ſhape of a ring.

Take half a quartern of flour, or more, with an ounce of powdered ſugar, the yolk of an egg or two, and but the white of one, a little muſk, and if you pleaſe, you may add

add a very little prepared amber; knead all together into a paſte, making it very ſtrong by adding nothing but flour, the chief matter being the firmneſs of the paſte; and if you cannot draw it with your hands, ſo as to form it into ſmall rings, you muſt pound it in a mortar; and if it be too ſtiff and hard, pour a little orange flour-water to render it pliable; then parboil them in boiling water like biſcotines; dreſs them upon tin plates or paper and bake them in the ſame manner as you do biſcotines

CLOVE GILLIFLOWER WINE.

Take a peck of clove gilliflowers (the whites being cut away) to every gallon of water two pounds (or if you would have it ſtronger) two pounds and a half of ſugar.

Boil them together for an hour, ſcumming it continually as the ſcum riſes, pour it into a wooden veſſel and immediately cover it up with a ſolded ſheet and blanket, doubled three or four times.

Let this ſtand to infuſe 24 hours, and then paſs the liquor through a thick jelly bag, and put it up in a caſk milk warm.

If there be occaſion help the fermentation with a toaſt ſpread over with yeaſt, and when it has done working, ſtop up the veſſel cloſe, and let it ſtand till the liquor becomes perfectly fine and clear, which will be in about a months time; but the longer it ſtands the better.

Then you may rack off the lees and bottle it up with loaf ſugar, put into each bottle.

It will be neceſſary to keep a tap in the veſſel that you may know when it has fermented enough; but take great care not to move or ſhake the veſſel when you draw off the wine.

Much after the ſame manner may be made cowſlip wine, excepting that this requires loaf ſugar; but the former not; and if you pleaſe, you may add ſome juice of lemons, and a little of the peel minc'd very ſmall; then tun it up and work it as the other; the wine will drink the finer, if you do not bottle it under ſix months or more.

GINGER-BREAD.

Grate two penny white loves to two pound of *Jordan* almonds, blanch'd and pounded well; then add two ounces of ginger finely ſcrap'd, liquorice and anniſe in powder of each half

half an ounce add to theſe five or ſix ſpoonfuls of roſemary water, and knead all into a paſte with a pound of ſugar, mould it and roll it thin, then print it and dry it in a ſtove; and after this manner *ginger-bread* may be made of ſugar-paſte putting ſufficient ſugar to it, and may be kept all the year.

Thick GINGER-BREAD.

To three pounds of flour allow 2 pound and half of ſugar, two ounces of ginger powdered, and four ounces of caraway ſeeds, and half a pound of candy'd citron and lemon peel, to which add the yolks of eight eggs; mix all together, and bake it in large cakes on tin plates.

GINGER WINE.

Take three gallons of water, and an ounce of rance ginger, and three pounds of ſugar; boil them for an hour and then put into it three lemons and a little good yeaſt; cloſe up the veſſel and let it ſtand five days. If it has ſo work'd as to be clear in that time, it may be bottled, if not, let it ſtand longer, until it has work'd ſufficiently, and in 10 days after it may be drink'd.

Another.

Boil three gallons of water with four ounces of rance ginger, tyd up in a bag, for half an hour, to which, nay if you double the quantity it will not be amiſs, boil it again for half an hour longer, ſkim it clean as long as any thing riſes; and when it is juſt luke-warm add two ſpoonfuls of ale yeaſt.

Put it into a caſk and let it ſtand for a week, then bottle it, and in a fortnight more, it will be fit for drinking.

After the ſame manner you may make wine from *Angelica*, *Zedoary* or any other root, only obſerving that the roots which conſiſts of very volatile parts, will not endure long boiling without a conſiderable loſs of their beſt particles, and ſuch are thoſe that have an aromatick flavour and ſpicy pungent taſte.

GINGER *to preſerve.*

Waſh the ginger and lay it to ſteep for 10 or 12 days in white

white wine and water, ſtirring them every day, then to a pound of roots allow, two quarts of white wine, and about half a pint of lemon juice, and boil theſe together for a quarter of an hour; then add two pound and a half of fine ſugar, and boil it to a ſyrup, ſcumming it as it riſes; then ſet it by in a glaz'd pan till the next day, and then boil it up again in the ſyrup for half an hour; then ſet it by till the next day, and then boil it again and let it cool, repeating this till the ginger is clear; then put it into glaſſes and cover them with paper.

This is a fine ſweet-meat for the winter time.

To preſerve green GINGER.

Theſe are not only common in the weſt *Indies*; but may be had in *England* in ſuch gardens where there are ſtoves, for in a years time one ſingle root will fill a pot.

The roots muſt be taken up when there are leaves upon them, and rubb'd with a coarſe cloth till they are dry, then put them into white wine and water and let them boil for half an hour; then ſet them by to cool and boil them again another half hour.

Then make a ſyrup with two quarts of white wine, half a pint of lime or lemon juice, and two pound and a half of fine ſugar and two ounces of the leaves of orange-flowers.

When theſe boil together put in the ginger and let it boil gently for half an hour; then ſet it by in an earthen glaz'd veſſel to cool; and repeat the boiling every day and cooling it till the ginger is clear.

Then put it up in gallipots or glaſſes and cover them with papers to be kept for uſe.

GNATS of all ſorts lay their eggs upon the waters, and as ſoon as they are hatched and poſſeſs that degree of life anſwerable to caterpillars, they may be ſeen friſking about the water for a time commonly making their motion in the form of an S. theſe nymphe lay themſeles up at the appointed time and riſing again to that ſtate fly away in troops.

If you would keep your houſes free from them, keep your chamber windows cloſe ſhut in ſummer time, eſpecially towards evening, and ſmoak your room well with Brimſtone, or burn ſtraw in them, and they will fly into the flame and be burnt, or elſe will be choak'd with the ſmoak

GOATS are a very profitable animal and ſcarce inferior to ſheep, for which reaſon it is much to be wondred at, that they are not more, frequently bred in England, ſince there is in it ſo much mountainous land in which goats chiefly delight the ſhorteſt graſs fits them beſt and ſuch land that is encumbred with buſhes, ſuch as are chiefly found growing among rocks and ſtony places; in which they will both feed, be healthy and thrive, for they browſe like deer on thoſe twigs and boughs of trees that are within their reach.

As for the profit of theſe animals: they being extremely given to venery, they are ſo prolific that they will ſometimes bring three four or five kids at a birth; but never fewer than two, and begin to breed very young, going to rut even with their own dams at ſix or ſeven months old.

There are two kinds the large and the ſmall, of which the large are the beſt for eating, while they are kids of four or five months old; but the ſmall are fitter for eating at a year old, coming much nearer to veniſon than the large ſort, both ſorts are eaten prepar'd in the veniſon way both roaſted and in paſties; but the ſmaller ſort is by much the finer meat. However if either of them be eaten while they are kids, they will be found to to be as good as a young fawn, and ought to be dreſs'd the ſame way.

Beſides goats are valuable for their milk, which is extraordinary rich, and of which are made very excellent cheeſes, after the manner of *Cheſhire* cheeſes.

The ſkins alſo are of much greater value than thoſe of ſheep, and may be dreſs'd like thoſe of fallow deer, ſo as to be of a ſoft and pliable nature, and yet as ſtrong as thoſe made of doe-ſkin.

There is beſides a difference in their hair of which there are two or three ſorts kept in *England* for curioſity, this conſiſt chiefly in the colour of their hair, the largeſt kind which has commonly white hair, is accounted the moſt hardy ſort for enduring of cold; and the beard of the male generally grows to ſo great a length, that it is uſed to mixed with human hair in making perukes; and ſometimes perukes are made of it alone: this is ſold at a good price, and ſome ſay the hair of one year from a ſingle he goat has been ſold for the full price of a good ſheep; ſo that the male will pay for his keeping.

Of the ſhorter of goats hair are made hair-cloth, hair-lines and ropes; which will laſt a long time and will not rot, even in ſalt water nor will eaſily take fire; and may be of uſe in ſhipping.

If a perſon has a mind to purchaſe a flock of theſe creatures they may be eaſily had in *Merionethſhire*, *Carnarvonſhire*, *Flintſhire* and *north Wales*. It will be beſt to buy them all of one and not of ſeveral flocks; becauſe they will agree and thrive much better, by being bred of one flock than otherwiſe.

In buying of this cattle, it is generally taken for a rule that if they will drink the ſame day they are bought, they are in good health; but if they will not drink it has been obſerv'd that they are not in health.

If a flock of goats be in good health, they will bring forth twice a year, eſpecially thoſe of the ſmaller ſort.

Their rutting time is uſually in *November*, and they goe as long with kid as a ſheep goes with lamb, *viz.* 20 weeks or 5 lunar months; but they will ſometimes take the rutt ſooner.

In the breeding of goats, regard ſhould be had in the diſtinguiſhing between the breeding cattle; the goats of one and two years old ought not to be ſuffered to breed up their young, becauſe it will weaken them too much; but thoſe of three and four years have ſtrength enough to bring up their young.

If the flock is in good health, they will bring forth twice in a year, eſpecially the ſmaller ſort of them the early inclination of goats to venery renders their life ſhort, ſo that at five or ſix years old they are too feeble to be productive: ſo at five years old, neither the male nor female are to be depended upon to have a breed from.

Some of the ancient writers report that the goat can ſee as well by night as by day, which if true or not would not be unworth the while of the curious in anatomy to enquire.

It is likewiſe remarkable that a goat draws not his breath through his noſtrils like other animals, but at his ears, if it be true what is affirm'd.

Small flocks of this cattle are eſteem'd to be better than great ones, becauſe large flocks are ſubject to breed the murrain, and when it once appears in one, the whole flock will unavoidably be tainted by it, about 50 in a flock is accounted enough of the large goats but you may allow fourſcore of the ſmaller.

The kids of goats of one and two years old ſhould be taken from their dams the firſt at a month old and the other at two months at the fartheſt, and they will be then fit for killing; or they may be fed with cows milk and browz'd for a month longer.

The

The kids will begin to browze on green twigs very ſoon after they are frought forth, and if it can be ſhould always have the benefit of ſuch food.

Some ſay that the firſt rutting time comes to no good, that the ſecond is ſometimes to the purpoſe, and the third very good, and ſo the fourth and fifth the ſixth indifferent, and the ſeventh good for nothing.

The ſort of goat without horns or ſuch as are call'd pollards, are much commended for giving more milk than the others, and beſides thoſe with horns are often miſchievous.

There is indeed an advantage in the horned kind, which is not in the other, becauſe one may know their age by the circles about their horns, and it is alſo much hardier than the other.

Goats ſhould by no means be kept in moiſt or damp places, for they are ſubject to a diſtemper much like the ague, and alſo to a peſtilential diſtemper which having once ſiez'd upon them will carry off moſt or all the flock in a few days.

This infection chiefly invades them when they feed upon too rank paſture.

But if you are watchful enough to diſcover the firſt or ſecond of the flock that is ſiez'd with this diſtemper, and bleed all the reſt immediately, and ſuffer them not to feed till the heat of the day is over, by firſt ſhutting them up and kill the infected goats and bury them deep in the earth, you may put a ſtop to the infection.

But if after this the whole flock ſhould periſh don't too ſoon bring any freſh flock of goats into the ſame place, leſt they be ſiezed with the ſame diſtemper, but firſt let the air be purified.

Goats are ſometimes attack'd with a diſeaſe that is a kind of dropſey; the cure of which is to lance the ſkin a little under the ſhoulder, and the humour will diſcharge it ſelf by that, and let the goat feed chiefly upon dry meat, and browze where the black thorn or ſloe buſh are pretty common you may heal the wound that is made with tar.

Mr. *Bradly* is of opinion that the goat is like the *Antilope* in every reſpect; both in make and body, in fleſh and in hair, and in their durable horns, and therefore he judges whatever food or medicine will agree with the one is good for the other.

The antilope will eat leaves of dry tobacco, which is his phyſick and remedy when he is ſick, and he ſuppoſes a goat will do the ſame.

And if it be ſo, he is of opinion that giving goats leaves of

tobacco,

tobacco, may prevent any infection from ſpreading among a flock of goats.

He informs us he has ſeen the breeding of the antilope in *England* which is the ſame as the goat, the only difference between the horns of the antilope and thoſe of the goat is, that the antilope has twiſted upright-horns; but thoſe of the goat are twiſted and curled.

GOATS-THORN.

Inciſions are made in the roots of this plant from whence iſſues out a gum, which congeals and is call'd *Tragacanth*.

This gum is us'd in phyſick, and to be good, ought to be bright, clear and ſweet to the taſte; it cloſes up the pores of the body, is good for the eyes, cough, a ſore throat, colds and all ſorts of catarrhs, if it be mixt with hony and ſuffered to melt under the tongue.

GOLDEN-LOCKS call'd alſo *Golden* tufts. The tops of this plant being drank in wine is good in ſtoppage of urine, for ruptures, the ſciatica and againſt the ſtinging of adders; and alſo for the promoting the menſes.

The leaves being taken in ſome liquor faſting, ſtop defluctions, tho' they are injurious to the ſtomach; and being put among clothes, they preſerve them from being worm eaten.

GOLDEN ROD.

The decoction of this plant is good for ulcers in the mouth and faſtens the teeth; and being us'd as a gargle it cures all diſorders of the mouth, as the inflammation of the uvula, ſquinancy, *&c.* and *Barclay* pretends it will diſſolve the ſtone and gravel.

The *German* ſurgeons give it in ſome liquid to thoſe who have fiſtulas and inward hurts with good ſucceſs and apply it alſo outwardly. Being drank or uſed in gliſters it binds the body.

GOOSE. Geeſe ought to have water conſtantly near them either river, pond or fen or elſe little profit is to be expected from them; nor muſt they want common graſs enough for them to feed upon, for without theſe they will never be healthful, and we muſt expect them to be an expence to us to no purpoſe.

A goose is a fowl that will live many years, and as we are assured by some farmers, not less than an hundred but whether that be so or not, it is certain that some have been known to live 30 years; and a certain person affirms he had a gander that he had known for 50 years, which was as he well remembred bought full grown by his father; and Mr. *Willoughly* in his *Ornithologia* or treatise of birds, informs us of his great age even to 60 years, and was then so roguish, that the owner was forced to kill it or part with it.

The keeping of geese requires very little labour or charges, neither in the breeding of goslins, nor in the common fattening them for markets, for these which have only the benefit of natural feeding, will hatch in *April* about the beginning, if the weather be tolerably warm, and when there is grass enough for them to bite, and yet not so long but that they may lead their goslins over it, without entangling their legs, and then also the clovers or goose-grass which the goslins delight in is to be found in plenty.

As for fattening them the old *English* way, that is to be done by turning them upon the stubbles as soon as the corn is carried into the barn, and a little barly given them in water, when they come home for a few days, will be enough to fit them for the markets in the common way.

But to fatten them in an extraordinary manner they should be kept in a place where there is but little light and be fed with ground malt in water or ground malt and bran, or ground malt and wheat flour mix'd with water, so as to make a sort of pap; letting them have a pan of water besides, for water contributes as much to fattening them as their meat.

If you would have their *Livers* very large, which is accounted an excellence in these fowls, stamp some dry'd figs, such as are sold at the grocers, and mix them with water, and when they are become a tender paste, cram them with it for about a fortnight or better, and it will render them very fat and their livers very large; even so much (that some have affirm'd two or three pounds a piece).

Some have practis'd the following way in fattening of geese; they wrap a goose up in a linnen cloth leaving only her head and neck out, and hang her up in a dark place, also stoppping her ears with pease or some other thing, so that she neither seeing nor hearing she has no occasion to struggle, and in this state they cram her three times a day with paste made either of ground malt or barley meal,

ſetting a pan of water and another of gravel continually by her, by which means, (they ſay) ſhe will grow ſo fat in about a fortnight, that the liver alone would weigh above four pounds; but this ſeems ſcarce credible as to the weight of the liver; but may be probable as to the rendring the gooſe extremely large and fat; eſpecially if the ears can be ſtopp'd without hurting the gooſe; for this is found by experience that want of exerciſe it ſelf promotes fatneſs.

Another way of fattening them is to ſhut them up in a dark clooſe room and to feed them with barley juſt broken in the mill or buck-wheat; to which you may add a few dry figs broken and bruis'd, and to ſet them a pan of water with gravel or ſharp ſand by this method they will grow fat in a fortnight.

As to the purchaſing a flock of geeſe from droves that are ſent about the country in *June* and *July*, you ſhould, if it can be done, buy them all of one brood or at leaſt out of one flock and not two or three out of one and two or three out of another, for the different flocks will bear a ſort of hatred to one another, and will rather go back of their fleſh than increaſe, tho' they be never ſo well fed.

They will be ſullen and hardly eat for two or three days but pine and languiſh as if they were ſenſible of the loſs of their companions; but eſpecially if you attempt to feed a ſingle gooſe fat in a room or pen in the common way with barley and water, and let them ſee the light it will be ſome time before he will begin to increaſe in fleſh.

In like manner, if you would fatten geeſe, you ſhould keep them out of the noiſe or hearing of other geeſe abroad, if you would have them thrive apace, you may now and then alſo give lettuce freſh from the garden and alſo gooſe-graſs which will help them forward.

As to the hatching of goſlins, this is done in 30 days, if the weather be cool or in 27 or 28 if the weather be warm.

When the goſlins are hatch'd, let them be kept a week within doors, except the weather be warm; for if they are put abroad to ſoon they are apt to be ſiez'd with the cramp and perhaps may die of it.

Let their food be at firſt lettuce leaves or gooſe-graſs, and barley half ground or raſpings or cruſts of bread ſteep'd and boil'd in milk and ſuch like diet.

Uſe them by degrees to the air in the warm time of the day and houſe them before the cold of the evenings come on till they have gathered ſtrength by degrees; and be ſure to root up all the hemlock that grows about the place be-

fore you venture them to go a broad with the dam, for the young goſlins will eat it, and that will poiſon them, as it will any other fowl that eats it.

Some commend the ſetting of gooſe eggs under a poultry hen, to have them forwarder than the gooſe would ſet; but then a hen will not cover above five or ſix gooſe-eggs, whereas a gooſe will cover 15.

You ſhould take notice, that when geeſe are about to lay, they ſhould be forc'd to their neſts and be ſhut up or elſe perhaps they will ramble and lay in ſome place out of the way, where their eggs cannot be found, but when they have once laid an egg or two in a neſt, they will not forſake it.

If you happen to take up the eggs from the neſts of ſeveral geeſe, it will be proper to mark them; for every fowl knows her own eggs, and ſome will not ſet upon any but their own.

A green GOOSE PYE.

Bone a couple of fat green geeſe, and ſeaſon them pretty high with ſalt, pepper, nutmegs and cloves, and you may, if you like it, add a couple of whole onions; lay them one on another and fill the ſides and cover them with butter and bake them.

To dry GOOSEBERRIES.

Let your gooſeberries be of the large white ſort, gathered at their full growth; but not fully ripe and to a pound of gooſeberries, allow a pound and half of ſugar, very finely powdered, and half a pint of water; ſet them on the fire, and when the ſugar is melted let them boil; but not too faſt take them from the fire once or twice, that they may not break; when they begin to look clear they are enough.

Let them ſtand all night in the pan they are boiled in with a paper laid cloſe to them; the next day ſcald them very well, let them ſtand for a day or two, then lay them on plates, ſift ſugar over them and ſet them in a ſtove and turn them every day, till they are dry.

When you have turn'd them the third time, you may lay them on a ſieve, and when they are pretty dry, put them into a box, laying a paper between every row.

To make GOOSEBERRY PASTE.

Noſe your gooſeberries, waſh them, put as much water to them as will almoſt cover them, and boil them for a quarter of an hour; then ſtrain them thro' a thin ſtrainer or a hair ſieve and to each pint of liquor, allow a pound and half of fine ſugar; ſet the liquor on the fire before you put in the ſugar, let it boil and ſcum it well; then ſhake in the ſugar, let it on the fire again, let it ſcald till all the ſugar is melted; then put it into little gallipots; when it is candy'd, turn it out on glaſs, and when it is grown dry on one ſide, turn it again; and if any of the cakes ſtick, warm the glaſs over a clear fire.

You may if you pleaſe put ſome of the paſte in plates, and when it is jellied before it is candied, cut it out in long ſlices and make of it fruit jumbals.

To preſerve GOOSBERRIES.

Take the largeſt white gooſeberries, when they juſt begin to turn, ſtamp them, ſtrain them, ſtone them and to half a pound of gooſeberries, allow a pound of loaf ſugar beaten very fine, half a pint of the juice of that which was ſtrain'd (but it muſt firſt ſtand till it is ſettled and very clear) with ſix ſpoonfuls of water; ſet them on a very quick fire; making them boil as faſt as is poſſible up to the top of the pan; when you perceive that the ſugar looks clear while it is boiling, they are enough, and this it will do in ſeven or eight minutes.

Put them up in pots or glaſſes, paper them cloſe, and if they are not jellied hard enough by the next day, ſet them on an hot ſtove for a day or two or in ſome warm place but not in the ſun; and when they are jelled put papers cloſe to them; but firſt wet the papers and dry them with a cloth.

To make GOOSEBERRY *clear Cakes.*

Take a gallon of white gooſeberries, noſe and waſh them, put to them water, near as much as will cover them; ſet them on a hot fire and boil them for a quarter of an hour or rather more; then run them through a flanel jelly-bag; to a pint of jelly, put a pound and half of fine powdered and ſifted ſugar; ſet the jelly over the fire, make it juſt boil, then ſhake in the ſugar, keeping ſtirring it all the while,

you are putting the ſugar in; then ſet it on the fire again and let it ſcald till all the ſugar is well melted; then laying a thin ſtrainer in a flat earthen pan, pour in the clear cake jelly and turn back the ſtrainer to take off the ſcum; fill it into pots and ſet it in the ſtove to dry; when it is candy'd on the top turn it out on a glaſs, and if the pots are too little cut it; and when it is very dry turn it again and let it dry on the other ſide; twice turning will be ſufficient.

If any of the cakes ſtick to the glaſs, hold them over a gentle clear fire, and they will come off.

Take care not to let the jelly boil after the ſugar is in; a gallon of gooſeberries will make three pints of jelly; but if more it will not be ſtrong enough.

Red GOOSEBERRY WINE.

The gooſeberries being well coloured but not too ripe but of a grateful taſte, let them be gathered on a dry day, ſlit them half through the middle, putting them into a large glaz'd earthen pan, ſtrewing eight pound of fine powdered ſugar over a peck of them; then having boil'd four gallons of cyder, pour it boiling hot upon the ſugar and gooſeberries; and let it ſtand for eight days, remembering to ſtir them every day; then ſtrain them thro' a flannel bag in a preſs; then put the liquor into the veſſel with a warm toaſt of wheaten bread, ſpread on both ſides with ale yeaſt; and let it ſtand two or three months to fine and then bottle it.

It is a very ſtrong wine and of a bright red colour.

GOOSEBERRY WINE.

Let your gooſeberries be the amber ſort gathered in dry weather, when they are half ripe (that is when their inward juices are ſweet and their outward parts a little hard and tart) pick them and bruiſe them in a tub with a wooden beater; but be ſure to uſe no metal; preſs them in a hair bag as much as you can without breaking the ſmall kernels; then to every gallon of gooſeberry juice allow three pounds of good powder ſugar; ſtir them together till the ſugar is diſſolv'd, and then put it up into a veſſel or caſk, filling it quite full.

A veſſel of 10 or 12 gallons muſt ſtand a fortnight or three weeks; if 20 gallons, four or five weeks to ſettle in a cool place.

Then

Then draw off the wine from the lee, pour the lees out, and having cleared the veſſel, put the clear liquor again into it, and let it ſtand, if it be 10 gallons three months, if 20 gallons four or five months and then bottle it off.

This wine will keep, if well made ſeveral years, and improve by being kept, and is ſcarce inferior to mountain malaga.

The Regimen and Medicines preſcrib'd for the GOUT *by thoſe celebrated Phyſicians Meſſieurs Boerhaave ad Oſterdyke.*

Some have given their opinions that the gout is not by any other means to be cured but by a milk diet; which will in the compaſs of one years time make a change in the whole maſs of blood, and in order to this they give the following directions.

1. Not to taſte any liquor but only a co-mixture of one third milk and two thirds water, letting the milk be as new as it can be gotten, and this mixture is to be drank according as you have occaſion to drink, and that without the addition of any other ingredient with it, except a little tea and coffee, which is permitted.

2. In a morning as ſoon as the perſon awakes, and the ſtomach can make a digeſtion, let him drink eight onnces of ſpring water, and faſt two hours after; then let him, eat milk and bread milk pottage, or tea with milk, with a little bread and freſh butter.

3. At dinner let him not eat any thing but what is made of barley, oats, rice or millet ſeed, carrots, potatoes, turneps, ſpinage, beans, peaſe, *&c.*

He may alſo eat fruit that is full ripe, as bak'd pears or apples, apple dumplins; but above all milk and biſket is very good; but nothing that is either ſalt or ſour, not even a Sevil orange.

4. At ſupper let him eat nothing but milk and bread.

5. Let them go to bed betimes, even before nine a clock; and accuſtom himſelf to ſleep much.

6. Every morning before he riſes, let him have his feet, legs, arms and hands well rubb'd with a woollen cloth for half an hour, and the ſame at going to bed. The obſervation of this article is ſtrictly neceſſary for this is the means by which the humours, knobs and bunches are to be diſſipated, and prevent their fixing in the joints; which renders them uſeleſs.

7. Let him accuſtom himſelf to exerciſe, as riding on horſeback which is the beſt, or in a coach, chaiſe, *&c.* and the more of it the better it will be, but let him as much as poſſible avoid cold weather, winds and rain.

8. In caſe a fit of the gout ſhould return and be violent, (which they are of opinion will not) then a little doſe of Opium or *Laudanum* may be taken to compoſe him; but not oftener than it is abſolutely neceſſary.

They are likewiſe of the opinion that the hereditaryneſs of the gout, by receiving it from either father or mother will be of no conſequence, if the foregoing directions be ſtrictly obſerv'd.

For the GOUT.

Firſt make a conſerve of buck-bean with its weight of ſugar-candy, both pounded very fine, of theſe take the quantity of a large nutmeg, the firſt thing in the morning, and the laſt at night, and drink a tea made of the ſame herb every morning and afternoon, conſtantly for one year.

Theſe of themſelves without any other medicine perfectly cur'd a perſon that had been grievouſly afflicted with the gout.

It is alſo an efficacious remedy in the ſcurvy and rheumatick pains; if the patient be weak and very reſtleſs, it will be proper to mix a third part of Venice treacle in the conſerve at night going to bed.

A drink for the GOUT.

Take ſarſaparilla four ounces, ſaſſafras, *China* and hartshorn ſhavings of each an ounce and half, angelica roots an ounce and half; the roots of the ſmelling flag an ounce and a half, raiſins half a pound; of candyd eringo roots four ounces: hang theſe in a bag in three gallons of ſmall ale, when you put it up in a caſk, let it ſtand for a fortnight and drink it conſtantly. It is an excellent drink for ſweetening the blood and correcting thoſe ſharp humours that cauſe that tormenting diſtemper.

Another for the ſame.

Take of ſaſſafras three quarters of a pound; ſarſaparilla and china of each half a pound; anniſeeds and liquorice of each a quarter of a pound, ſage of vertue two handfuls; raiſins and figs of each a pound, put all theſe ingredients

into

into two gallons of water; ſet them over a gentle fire to infuſe, till one third part is conſumed, ſtrain it and drink it conſtantly to ſweeten the blood.

This is good both in the *Gout* and *Rheumatiſm*.

To preſerve GRAPES.

Stone the grapes and peel them, put then in a pan, cover then very cloſe: firſt make them boil, then ſet them on the fire, then take them off again, ever and anon till they become green; then drain all the juice from them, and too every quart of juice allow three pound of ſugar and a pint of apple jelly; boil them up very quick till they are clear, and jelly very well, put them up in pots or glaſſes with paper cloſe to them.

To dry GRAPES.

Let the grapes be the largeſt bell grapes, juſt before they are ripe; take out the ſtones in bunches, and put them into ſcalding water, cover them cloſe with vine leaves, and alſo a cover upon the pan; keep them in a ſcalding ſtate by ſetting them on, and taking them off again (when they ſeem ready to boil) till they are green; then let them have a boil in the water; lay them on a ſieve to drain, and for every pound of grapes make a thick ſyrup with a pound and half of clarified ſugar; ſet the ſyrup by till it is cold, then put in the grapes and give them a ſcald every day till the ſyrup is thick; but never ſuffer them to boil; then lay them out on earthen plates and ſift them very well with ſugar; ſet them in a ſtove to dry and turn and ſift them every day.

The Salve GRATIA DEI.

Take betony, pimpernel and vervain of each half a handful, ſtamp them and boil them in three pints of white wine till one half be waſted, then ſtrain it through a linen cloth and ſet it over the fire again; then having pounded half a pound of roſin, put it in and alſo two ounces of virgins or yellow wax diſſolv'd in woman's milk and half an ounce of maſtick well powdered; boil all in the wine, till they be melted, ſtirring it well and faſt; then take it off the fire and put to it half a pound of turpentine, and ſtir it till it be cold; then the ſalve will riſe above the reſt, which muſt be taken

out

out and laboured with the hands as ſhoemakers do their wax, and ſo made into rolls, or it may be kept in a pan.

This muſt be made about midſummer, it is good for all ſorts of wounds, new or old; it cleanſes and heals; eats off dead fleſh and generates new; it mollifies boils, draws out thorns, breaks impoſthumes; is good in the canker and a fiſtula, bruiſes on the ſinews, St. *Anthon'ys* fire, and it aſſwages ſwellings.

GRAVEL.

A diſtemper which ſiezes on the kidneys and bladder, and is caus'd by the gathering together of ſand or gravel in thoſe parts.

1. For the cure, drink two ſpoonfuls of virgin oil of olives in two ſpoonfuls of white wine well mix'd together every morning faſting.

2. Take a pound of the roots of the ſmall ſtinging red nettle, cleanſe and boil them well in two quarts of water, till one third part is waſted, then add a pint and a half of good white wine, then boil it for an hour over a gentle fire; then take it off and ſet it by till it is almoſt cold; then take out the roots and ſqueeze them, then put the juice with the decoction only in a new earthen pot, and when it has well ſettled and is clear ſwallow three pills of freſh butter, and afterwards a glaſs of the decoction faſting, and as early as you can, and two hours after ſome clear broth, continue this for three mornings in the wane of every moon.

It will alſo be very proper to uſe laxative gliſters in the evening, after you have taken the docoction in the morning,

3. The gum of cherry-trees diſſolv'd in white wine has been found by experience to be good againſt the gravel in the kidnies and ſtone.

4. The plant call'd *reſt harrow* is much eſteem'd againſt the gravel; for that it readily appeaſes the pain; and being drank in a powder made of the rind of its root in ſome white wine, expels it.

5. Eat the young buds and ſprigs of gooſeberries, when they begin to ſhoot forth their leaves in ſoups and they will contribute to the breaking the ſtone, and muſt alſo of conſequence be good againſt the gravel.

6. *Cardan* ſays that the root of the male peony gathered in *May* in the increaſe of the moon has been helpful to thoſe who have been troubled with the gravel and gouty.

7. Take

7. Take a handful of leaves and roots of parſly, of which take out the core, boil them in a pound of water till one half is waſted, in which diſſolve a piece of ſugar candy, all which is but a proper doſe for grown perſons; but a leſs quantity or half will be enough for children or according to age and ſtrength; this being continued, a fortnight or three weeks will bring away a great deal of gravel.

For the GRAVEL.

Boil half a pint of ale, ſcumming it very clean, then take it off the fire till you have beaten the yolks of two new laid eggs with a ſpoonful of hony, mix this with the ale, when it is ſo cool as not to curdle and drink this for nine mornings.

GRAVEY may be made of partridges, capons, muſhrooms, beef, mutton, veal or fiſh.

As for the gravey of partridges, after they have been half roaſted, the gravey may be gotten by preſſing them, the ſame may be done by pullets, capons, woodcocks and other fowls.

For Veal GRAVEY.

Take a fillet of veal, cut into three parts, put it into an earthen pot with a cover and ſtop it up ſo cloſe by paſting the cover that no ſteam may come out, nor no air get in, ſet it over a gentle fire for two hours, and the gravey will be made, the ſame thing may be done of mutton or beef.

Theſe are to be us'd for meſſes, into which ſome of it is to be put to render them more ſucculent, and to heighten their reliſh.

For Fiſh GRAVEY.

Take carps and tenches, cleanſe them very well from mud, and cut them quite through the backs and ſcale the carps; take away their gills, put them into a ſilver diſh with a little butter, bring them to a brown colour like a piece of beef, and when they are dreſs'd put to them a little butter, which is to be brown'd with the reſt, and afterwards ſome broth, according to the quantity of gravey you would have; ſtrain all through a linen cloth and let it be well ſqueez'd; then

then ſeaſon the liquor or gravy with ſalt, a green lemon ſtuck with cloves and a bunch of ſweet-herbs.

This may be us'd for pottages for ſide diſhes and intermeſſes of fiſh.

To make GRAVEY *of Beef.*

Take ſome fleſhy part of beef without fat, and cut it in pieces about the ſize of pigeons eggs, flour it well and put it into a ſauce-pan with a little freſh lard or butter, ſome ſliced onion, a little pepper and ſweet majoram powdered.

Cover the ſauce-pan cloſe and give it now and then a ſtirring till the gravey is come out enough, and then pour on it ſome water; when the gravey is brown, and ſtir all together and let them boil for ſome time, then ſtrain it off adding a little lemon juice.

Another GRAVEY *without Beef.*

Cut an onion ſmall, put it into a ſauce-pan with ſome butter, ſet it on the fire till the butter is melted; then dredge in ſome flour and ſtir it well till the froth ſinks down, and then it will be brown, then having the following mixture ready, throw it in.

Take ſome good old beer and as much water, ſalt, pepper, an anchovy, and an onion, cut ſmall, a little lemon-peel grated, a clove or two of garlick, and if you have it, a little of the liquor of muſhrooms or pickled walnuts: let theſe ſimmer all together a little while, and they will produce a good thick gravey.

This may be made when beef is not commonly to be had.

To make good GRAVEY *to be kept for uſe.*

Burn an ounce of butter in a frying pan; but always take care to do it at ſuch a diſtance from the fire, that as you ſtrew the flour into the butter, it may be brown but not black; put to it two pounds of coarſe lean beef, a quart of water, and half a pint of wine either red or white; ſeaſon with ſome whole pepper, cloves and mace, a couple of ſhallots, three anchovies, and three or four muſhrooms, let all ſtew gently for about an hour, then ſtrain it and keep it for uſe, this is gravey for any ſavoury diſh.

A Fiſh GRAVEY *for* SOUP.

Take tench or eels well ſcour'd from mud and ſcour their outſides well with ſalt, then having pull'd out their gills, put them into a kettle with water, ſalt, a bunch of ſweet herbs and an onion ſtuck with cloves; let all theſe boil for an hour and a half, and then ſtrain off the liquor thro' a cloth; add to this the peelings of muſhrooms well waſh'd or muſhrooms themſelves cut ſmall; boil theſe together and ſtrain the liquor through a ſieve into a ſtew-pan upon ſome burnt or fry'd flour and a little lemon, which will ſoon render it of a good colour and of a fine flavour fit for ſoups, which may be varied according to the palate by putting pot herbs and ſpices according to every one's palate into this ſoup a little before you ſerve it.

This may ſerve for a foundation to all fiſh ſoups, and will keep good for ſome time.

GREEN SICKNESS *for the Cure.*

Take an ounce and half of fileings of ſteel, put them into a ſmall iron ladle or ſome ſuch thing, and boil them with good vinegar till they become quite red, and are reduc'd into aſhes, then pound theſe aſhes in a mortar with a comfited wallnut or two, adding 12 penny worth of ſaffron; mix all well together, and add to it a little ſugar, of which make nine pills, of which take one every morning for nine days, and preſently after them a glaſs of white wine, uſe ſome excerciſe as will ſtir the blood as going up and down ſtairs or the like.

2. Take half a quart of common water, four ounces of fine ſugar, and half an ounce of fileings of ſteel, when the ſugar is diſſolv'd in the water, put the filings into it, and ſet it on the fire; from whence you muſt not take it off, till it grows thick, then pour it upon a table to make it cool, and cut it into tablets or lozenges, weighing about two drams each or there abouts.

Take one of theſe every morning and ſome broth two hours after, walk for ſometime before and after taking the broth; continuing to do this for 20 days.

N. B. The perſon muſt purge before and after this remedy.

GRILLADE, is meat broil'd upon a gridiron; when turkeys or any other ſorts of fowls are left cold, you may make a ſide diſh of them in the following manner, broil thei

their legs, wings and rumps on a gridiron, with ſalt and pepper; and having fry'd ſome flour in lard with oiſters, anchovies, capers, nutmeg, a bay leaf and a piece of green lemon, with a little vinegar and broth, let them be all well ſoaked together

The GRIPES that proceed from a ſuper abundance of choler may be cur'd by a potion made by an ounce and a half of freſh manna of *Calabria* and two ounces of the oil of ſweet almonds taken in the morning faſting.

2. If the gripes are caus'd by ventoſities or windineſs, take about two ſpoonfuls of the ſalt of wormwood, in a ſmall quantity of good red wine, in a morning faſting at leaſt a good while before you eat: inſtead of ſalt of wormwood may be taken wormwood, either green or dry infus'd in wine for 12 or 15 hours or

3. You may boil a new laid egg moderately in ſome water; but you muſt take out the cleat; and put as much oil of olive in the room of it; mix the whole well and ſwallow it preſently.

4. Pound freſh leaves of balm gentle in a glaſs or wooden mortar, and of them make a cataplaſin to be applyd to the belly.

5. Take the diſtill'd water of acorns or if you have not that, the largeſt oak acorns dry'd and powdered; or the juice of the acorns in a glaſs of wine or ſome proper vehicle as a little broth, this will ſtop all fluxes of the belly; but remember that the acorns muſt be thoroughly ripe.

6. Another approv'd remedy for a child of ſix years old, ſeverely afflicted with the gripes.

Take an ounce and a half of the ſyrup of ſolutive roſes, as much oil of ſweet almonds, half an ounce of ſperma ceti and half a ſcruple of the volatile ſpirit of ſal armoniac, mix the whole together and give it by ſpoonfuls.

Apply to the belly of the child the following plaiſters, if the gripes are violent and it may be us'd when the pains are allay'd; take half an ounce of the plaiſters of melilot and as much of the ointinent of juſquiam and mix them with a little wax.

GROUNDSEL is a plant that is cooling and a little reſolutive, the flowers of it being freſh, and drank in ſome liquor will ſtrangle a body; the whole ſtem being boil'd in wine and drank will cure pains in the ſtomach, caus'd by choler, the juice of the leaves provoke the menſes; as well

well as the decoction and water of the plant; the leaves and the flowers are cooling and good to be apply'd by way of cataplasm to nipples that are chopp'd and inflam'd.

H

To make HAIR *grow thick.*

Take the bark of hazle, maiden hair, myrtle berries, rosemary, southernwood, of each 4 ounces; burn them to ashes, either on a clean hearth or in an oven, put these ashes into white wine to make a strong lye, with this wash the hair every day at the roots; keeping it cut pretty short: this will kill the worms that are at the roots and is more effectual than bears grease or any sort of pomatum, which rather feeds than destroys the worms which are enemies to the hair.

HAIR *to prevent it's falling off.*

Boil myrtle-bernes galls and *Emblick* myrabolans of each a like quantity in oil omphacine, with which anoint the part. It is an excellent remedy.

2. You may dye hair black with the *calx* of *Luna*, made by spirit of *Nitre* mix'd with fair water, with which wash the hair with a spunge.

To make HAIR *curl.*

Wash it very well with a *lixivium* of quick lime, then dry it very well again, and afterwards anoint it with oil of myrtle or oil of omphacine, and having powdered it well with fine powder, put it up every night, under a cap; but if the person be naturally of a cold and moist constitution, the washing anointing and powdering must be perpetually us'd once or twice a week, and the hair put up under a cap,

To make HAIR *that curls too much lanker,*

Anoint it well two or three times a week with oil of lilies, roses or marsh-mallows, and comb it very well after it.

If you would have the hair grow long and soft, distill hogs

grease

greaſe or oil of olives in an alembick, and anoint the hair with the oil; this if us'd often will anſwer the end.

And to keep hair from ſplitting at the ends anoint it with either oil of omphacine or myrtle; or with an ointment made of hony, omphacine or bears greaſe and bees wax.

To make Weſtphalia HAMS.

Take a pretty fat leg of Pork cut large, as much in the ſhape of a right Ham as you can (the pork of black hogs is the beſt) hang it up for two days; then beat it very well on the fleſhy ſide with a rolling pin, then rub on every part an ounce of ſalt petre (pounded very fine) and let it lie a day and night; then pound an ounce of ſal prunellæ and two or three hand fulls of common ſalt and one of bay ſalt, and a pound of coarſe ſugar; mix all theſe together, and having made them thoroughly hot in a ſtew pan; (but take care that it does not melt) and while it is hot, rub it all over the Ham very well with two or three handfulls more of ſalt leaving it to lie thus till the ſalts &c. all melt to brine; turning it twice a day and baſting it with that brine for three weeks, then dry it,

To ſalt a HAM *in imitation of Weſtphalia.*

Let the ham be of young pork, ſprinkle it with ſalt for one day, that it may fetch out the blood; then wipe it dry and rub it with the following mixture.

Mix a pound of brown ſugar a quarter of a pound of ſalt-petre, half a pint of bay-ſalt and three pints of common ſalt, all together, ſtirring them in an iron pan over the fire till they are pretty hot, and then rub the ham with it.

Let the ham be in this ſalting three weeks turning it often; then dry it in a chimney with deal ſaw-duſt.

To roaſt a Weſtphalia HAM.

Firſt boil the ham as tender as it will be with the gravy in it; then ſtrip off the rind, ſpit it and do it over with the yolks of eggs and ſtrew raſpings of bread finely ſifted and mixt with a little grated lemon peel all over it.

Baſte it well, as it is roaſting, and dredge it frequently with the mixture of raſpings &c. till it is enough.

Some order it as before and inſtead of roaſting it ſet it in the oven, having firſt given it a good covering of the ſaid

mixture;

mixture; this will be done in an hour and will be full as well as if it were roaſted.

It ſhould be ſerv'd up with boil'd pigeons, *Ruſſia* cabbages, if you can get them, or ſprouts of cabbages curl'd as big as tennis balls or collyflowers, or *Brocoli*.

The cabbages *&c.* ſhould be toſs'd up with butter and cream; but if it be *Brocoli*, it ſhould have only butter. this is an excellent diſh.

A Weſtphalia HAM-PYE.

Firſt let the ham be boil'd as tender as for eating cold, bone it and skin it; ſeaſon it with pepper, cloves, and mace pounded; lay it in a very good cruſt or in a diſh covered with paſty cruſt; lay on butter, lid it up, and bake it, and when it comes out of the oven, pour in clarified butter. This may be eaten either hot or cold.

To Pot a HARE.

Firſt bone the hare and mince the fleſh ſmall with about a pound of fat bacon, then pound both in a mortar and ſeaſon them with ſalt, pepper, cloves and mace, adding to it an ounce of ſalt petre; when you have mix'd all well together, let it lie for 24 hours, and then put it into an earthen glaz'd pot and bake it for three hours, then take it out and drain it from the gravy, and put it into the pot again, and cover it with clarified butter.

HARE, *To roaſt.*

Skin and gut her and lard, and rub her with her own liver to make her look red, ſpit roaſt and ſerve her up with vinegar, pepper &c. or with ſweet ſauce.

A HARE *or Leveret Pye.*

Firſt lard them with middling ſort of bacon, and ſeaſon with ſalt, pepper, clove, nutmeg and a bay leaf, and allow a good quantity of pounded lard or bacon bards in making the pye, either of fine or coarſe paſte, when it is bak'd ſet it up in a dry place and ſtop it up cloſe. If the hare or leveret is to be boned endeavour to keep the fleſh as whole as you poſſibly can, and lard them with thick ſlips of bacon, ſeaſon

them as before and put them into the pye, and bake it as the other.

To make a HARE *civet.*

Take off the legs and ſhoulders intire and cut the body in pieces, larding them with ſlips of bacon, fry them with lard and afterwards boil them in broth and white-wine, ſeaſon with ſalt, pepper a bunch of ſweet herbs, bay leaves, nutmeg, and a green lemon: then fry the liver, pound it, ſtrain it through a ſieve with fine flour and a little of the ſame broth, adding to it ſome lemon juice and ſlices of the ſame.

To STEW *a* HARE.

Pull the hare to pieces and bruiſe the bones, put it into a ſtew-pan with three pints of ſtrong broth into which put an onion and a faggot of ſweet herbs; let all ſtew leiſurely for four hours, then put in a pint of claret with an achovy or two; and afterwards ſtew it for two hours more till it is very tender; take out what bones you can find and alſo the herbs and onions, if they are not thin ſhake it up with half a pound of butter, when it is ready for the table.

A HARE *and its Sauces.*

If a hare has been kill'd by courſing, and the weather be cool, it may be kept three days before it is roaſted; but if it has been run hard by the hounds it will not keep ſo long.

When you ſkin it, you may (which is the Faſhion) leave the ears on, then truſs it for roaſting and boil the liver, and mince it very fine; add to this grated bread and a little all ſpice finely pounded; ſome buttered eggs, a little dry'd ſweet marjoram, and ſeaſon with ſalt and pepper, adding ſome parſly ſhred fine. Mix all theſe well together and add the yolk of an egg to the mixture to bind it, then fill the body of the hare moderately full with this ſauce and ſew up the belly.

When you lay the hare down to the fire, put about three pints of water, ſome ſalt, whole pepper, and an onion into the dripping pan, and with them baſte the hare till it is roaſted near enough; and then baſte it with a piece of fat burning bacon or inſtead of that, common butter; but the bacon will be the beſt.

When

When it is enough, put the following ſauce into the diſh with it.

Having taken the liquor in the dripping pan, with the onion and pepper, before you baſte the hare with the bacon or butter boil it with a glaſs of claret, this is to be mixed with the farce that comes out of the hare's belly, and it will be very rich, you may, if you pleaſe thicken it with butter and flour.

The following ſauce is alſo a very good one.

Boil a pound of lean beef in about three pints of water with a bunch of ſweet-herbs an onion, ſalt, pepper and all ſpice, till the beef is half boil'd enough; then cut the beef in ſeveral places to let out the gravy, and continue to boil all till a third part of the liquor is boil'd away, then add to it a little claret, and ſtrain the liquor through a ſieve, pour the gravy hot into the diſh, before you lay the hare in it; and when you lay in the hare, cut away the part that was ſew'd up.

You may ſerve this with ſlices of lemon in a plate by it. have the following ſauce.

Sweet Veniſon Sauce.

Boil a ſmall ſtick of cinnamon in half a pint of claret, till the wine is ſtrongly flavoured with the cinnamon, then ſweeten it with double refind loaf ſugar, or you may grate crumbs of bread into half a pint of claret, ſo as to make it of the conſiſtence of a pap, adding a ſmall ſtick of cinnamon, which being boil'd well, ſweeten it with double refin'd loaf ſugar grated ſmall.

To dreſs a HARE *with white or brown Sauce.*

Cut the hare into four pieces and ſlit the head; fry it a little in hog's lard, then ſet it a ſtewing in an earthen glaz'd veſſel with gravy, half a pint of white wine, ſalt, pepper, nutmeg, a bunch of ſweet-herbs, and a ſlice or two of lemon-peel; keep this veſſel cloſe covered and ſtew it gently till it is tender, then ſtrain off the ſauce and brown it with fry'd flour or burn'd butter; and pour this ſauce hot over the hare, garniſh with ſlices of lemon.

If you would have the ſauce of a brighter colour then inſtead of burnt butter or fry'd flour, thicken it with the yolks of three or four eggs.

HARTS-HORN JELLY.

Boil half a pound of harts-horn in ſix quarts of ſpring-water in an earthen veſſel, till it is waſted away to three pints; then ſet it by all night, and in the morning put to it half a pound of fine ſugar, ſome cinnamon, a clove or two, and ſome blades of mace, and ſet it on the fire again to boil; then beat the whites of eight eggs well and put them to the jelly, and give it a boil up; then add the juice of four or five lemons, and half a pint of *Rheniſh* wine; make it but juſt boil up, then paſs it through a jelly bag till it is very clear.

Another Way.

Put half a pound of harts horn to three quarts of fair water; let it boil but very gently till one quart of it is waſted; ſtrain the liquor and let it ſtand to cool, the ſtronger it is made the more ingredients may be put in to make it palatable; the next day take off what is clear of the harts-horn; leaving the droſs at bottom, to two quarts of ſtrong jelly may be added 2 pints of *Rheniſh* wine and a quarter of a pint of canary; and having beaten up the whites of five eggs to a froth ſweeten with ſugar, ſtirring all together, and being well mixt ſet it on the fire, and keep ſtirring it till it melts and curdles; then add the juice of five large lemons and a bit of their peel; let this boil up, then paſs it through a jelly bag; and paſs the firſt quart or two over and over again till it is very fine.

Calfs-foot jelly may be made the ſame way; but of this the fat muſt be taken off at top and the dreggy part from the bottom.

HARTS-THORN.

The root of this plant is aſtringent and deſiccative; the herb is cold and dry; the root mixt with victuals is good for the working of the ſtomach upwards and downwards; if eaten tho' it neither breaks the ſtone nor brings it away, yet it ſtrengthens the kindneys and moderates their exceſſive heat.

HARTS-TONGUE.

The leaves of this plant boild in wine and drank are good againſt the ſtinging of ſerpents, and are alſo good in a bloody flux and looſeneſs, and in diſorders of the ſpleen; the water is good for the falling of the palate, the mouth being gargled with it, and being waſh with it is good for rawneſs of the palate and bloody gums.

HATLETS are a diſh proper for intermeſſes and are made as follows; firſt parboil veal ſweet-breads and cut them into ſmall pieces with livers of capons, and young ſtreaked bacon likewiſe parboil'd; then ſeaſon all and fry them with parſley, chibbols and fine flour; and when they are almoſt ready, ſo that only a thin ſauce is left, make ſmall hatlets and ſpit the pieces of livers, ſweet-breads and bacon upon them, according to the bigneſs you would have them be; then dip them in the ſauce and bread them well, they may be either broil'd upon a gridiron or fry'd.

Hatlets are often us'd for garniſhing diſhes of roaſt meat.

To roaſt a HAUNCH *of* VENISON.

Firſt make a good and durable fire, ſpit it, lay it down and baſte and flour it, and with very fine ſkewers faſten a piece of veal caul over the fat part; or elſe a paper well buttered.

A haunch of the weight of 12 pounds will require full three hours roaſting to ſoak it very well.

For the ſauce take gravy and a good quantity of claret, the ſweet ſauce in faſhion is jelly of currants made hot.

HAWK-WEED.

This plant is of a cold and ſomewhat aſtringent quality. It is call'd *Hieracium* becauſe the juice or white milk it yields cures all diſeaſes incident to the eyes, if mix'd with woman's milk; and is alſo uſeful to preſerve the eye-ſight; a water drawn from it is good in a cough, to allay the too great heat of the body and to cauſe ſleep, as the poppy does.

HEAD-ACHE.

Dry roſemary before the fire, till it will crumble to a very fine powder; take one pugil of ſaffron, and with theſe two make the yolk of an egg into a ſtiff poultice and lay it as hot as it can be endured to the temples.

To clear the Brain through the Noſe.

Boil majoram and ſage leaves in water and let the patient take four ounces of this decoction with four ſpoonfuls of white wine, and putting it upon the palm of the hand, let him ſnuff it up his noſe.

Or he may take two drams of hermodactil with the leaves of betony, and pimpernel with red flowers, boil them in a ſufficient quantity of water till half be conſumed, to which add four ſpoonfuls of white wine, and let it be ſnuff'd up the noſe.

You may alſo reduce to powder the leaves of majoram and roſes and to a dram off the powder add to it 10 or 12 grains of hellebore in powder and take it as ſnuff.

Or uſe the flower of lilly convally, dry'd to powder.

For HARDNESS *of* HEARING.

Take a white onion or elſe of any other colour and make it hollow on the root ſide, fill it with powder of cummin, ſtop the hole with the ſkin or two of an onion and put it under the aſhes that it may be roaſted ſlowlly, and when done ſqueeze it and drop the juice into the ears.

For the HEART BURN.

Take oiſter ſhells, as found upon the ſea coaſts, that have been ſo well waſh'd by time as to be as white without and within as mother of pearl; dry them well by the fire, pound and ſift them to a fine powder, with two ounces of this mix two ounces of ſugar finely ſifted, wet this with a ſpoonful of milk and water ſo as to make it into ſtiff-paſte, then mould them neatly into lozenges, and ſet them into an oven that is not too hot to be thoroughly dry'd, but it will be beſt that they be not diſcoloured.

Theſe do ſo ſweeten that ſour humour in the ſtomach that cauſes this diſtemper that it not only prevents it but helps digeſtion.

2. Take half a dram of finely powdered old coral in any convenient vehicle; repeat tis till you find relief.

3. Take from 15 or 20 to 30 or 40 grains of crabs eyes, reduc'd to a very fine powder in any conſerve or ſyrup, it will be beſt to take this in a morning faſting.

HEDGE HYSSOP.

This plant is good for the healing of ulcers and to ſtop blood; it alſo cures ulcers in the mouth and privy parts by waſhing them with the decoction of it in wine; being drank it is good againſt ſpitting of blood; and the root being pounded will put a ſtop to the ſuper-abounding of the menſtrua.

HEDGE MUSTARD is not unlike the common muſtard, and is as that operative and diſcuſſive, it is preſcrib'd chiefly in aſthmas, infractions of the lungs and chronical coughs; and it is alſo much recommended as a ſpeedy cure for a ſettled hoarſneſs.

HELLEBORE is of two ſorts white and black, the white will work upwards and downwards, but with too much violence and may be rank'd with the number of poiſons; being reduc'd into powder, it is us'd inſtead of tobacco; it is good againſt the mange in ſheep and in remedies preſcrib'd for horſes.

Black HELLEBORE.

The root of this plant alſo has a purging quality, will work both upwards and downwards. It is us'd in caſes of madneſs, in quart an agues and hypochondriack melancholy, being reduc'd into fine powder; the doſe is from half a ſcruple to a dram.

HELLEBORINE is a vulnerary and deterſive plant, being taken inwardly it is good for the obſtructions of the liver and other diſtempers.

HEN.

A good hen ſhould not differ much from the nature of the cock, ſhe ſhould be working, vigilant and laborious; both for her ſelf and her chickens; in ſize the biggeſt and largeſt are the beſt, every proportion anſwerable to thoſe of the cock, only inſtead of a comb, ſhe ſhould have upon her crown a high, thick tuft of feathers.

She ſhould have many and ſtrong claws; but it will be better if ſhe has no hinder claws; becauſe they often break the eggs; and beſides ſuch as have, do ſometimes prove unnatural.

Crowing hens are neither good layers nor good breeders.

The elder hens are rather to be choſen for hatching than the younger, becauſe they are more conſtant, and will ſit out their times; but if you chuſe for laying chuſe the youngeſt, becauſe they are luſty and prone to generating; but do not chuſe a fat hen for either of theſe purpoſes; for if ſhe be ſet, ſhe will forſake her neſt; and as for laying, the eggs ſhe lays will be without ſhells and beſides ſhe will grow ſlothful and lazy and delight neither in the one or the other act of nature.

Thoſe eggs that are laid when the hens are a year and a half or two years old are the beſt; you muſt at that time give the hens plenty of victuals, and ſometimes oats with fenugreek to heat them if you would have large eggs; for thoſe that are fat commonly lay but ſmall ones; mix ſome chalk with their food or mix ſome bruis'd brick with their bran moiſtened with a little water, and give them their belly full of half boil'd barly, with vetch and millet.

Some hens have the ill faculty of eating their eggs; to prevent this take out the white of an egg, and put moſt plaiſter round about the yolk and ſuffer it to grow hard; and when the hen attempts to eat it and finds ſhe cannot do it, ſhe will ſoon give over breaking her eggs.

Or pour a clear plaiſter upon the yolk of an egg, and let it harden ſo that it may ſerve for a ſhell, and put it into the neſt; or you may ſhape an egg of plaiſter or of chalk, and let that be for a neſt egg.

Thoſe hens that have ſpurs often break their eggs, and generally will not hatch them, and they will ſometimes eat them, theſe muſt be ſcoured as well as thoſe that ſcratch and grow like a cock; firſt by plucking the great quills out of their

their wings and by feeding them with millet, barly, and paſte, cut into bits pounded acorns and bran with pottage, or crumbs of wheat bread ſteep'd in water or barley meal.

Keep them in a cloſe place and at reſt, and pull the feathers from their heads, thighs and rumps; if a hen be too fat or has a looſeneſs ſhe will lay wind eggs.

A hen will be a good ſitter from the ſecond year of her laying to her fifth; the beſt time to a ſet a hen that the chickens may be large and moſt kindly is in *February*, in the increaſe of the moon, that ſhe may diſcloſe the chickens in the increaſe of the next new moon being in *March*, for one brood of this months chickens is worth three of thoſe of any other month.

But hens may ſet from *March* to *October* and have good chickens; but not after that time for the winter is a great enemy to their breeding.

A hen ſits juſt 21 days, and if you ſet a hen upon the eggs of ducks, geeſe, or turkeys, you muſt ſet them nine days before you put her own eggs to her, of which a hen will cover 19 but always ſet an odd egg what number ſoever you ſet her with.

It will alſo be proper to mark one ſide of the eggs when you put them under the hen and to obſerve whether ſhe turns them from the one ſide to the other, and if ſhe does not, then take an opportunity when ſhe is from them to turn them your ſelf. But a hen that does not turn them her ſelf is of the leſs value.

Take care that the eggs you ſet a hen on be new; which may be known by their being heavy, full and clear, which may be known by looking through them in the ſun; nor do you chuſe the largeſt eggs for they have often times two yolks and tho' ſome are of opinion that ſuch will produce two chickens, it proves commonly a miſtake and if they do they generally prove abortive and monſtruous.

A hen muſt not be taken off or diſturb'd from her neſt, for that will make her utterly forſake it.

You muſt alſo let her meat and water ſtand by her while ſhe is ſitting, that the eggs may not cool, while ſhe is gone too far to ſeek her food, and while ſhe is abſent from her neſt, ſtir up the ſtraw, and make it ſoft and handſome, and lay the eggs in the ſame order as ſhe left them.

It will be very proper to perfume her neſt with roſemary or brimſtone, and you muſt take great care that the cock do not come at the eggs and ſet upon them for he will endanger

danger the breaking of them, and cauſe the hen not to like her neſt ſo well.

A hen will have chickens of divers colours, if you paint the eggs variouſly when you ſet them; if you cauſe her to pair with a cock pigeon partridge or pheaſant ſhe will have chickens of a very agreeable colour.

To ſet hens in winter time in ſtoves or ovens, is of no uſe in *England* for tho' they may perhaps hatch; yet the chickens will be good for little.

However a certain *French* author tells us that chickens may hatch'd without the hens ſitting upon them; by filling two cuſhions with hens dung, finely powdered, and adding the ſofteſt of hens feathers, as thick as may be, and putting the eggs upon one of the cuſhions with the ſmalleſt ends uppermoſt, and putting the other cuſhion over them; they being ſet in a hot place; theſe muſt be left thus for two days without touching them but after that time; they muſt be turned to the twentieth day in ſuch a manner that they may be all covered, and the 21 day the chickens muſt be taken gently out of the ſhells.

This need not ſeem very ſtrange, ſeeing we have very credible authority for it that the ancients hatchd chickens under the ground and in *Egypt* without any aſſiſtance, and it has been experienc'd in our own time that the chickens may be hatch'd with a ſmall fire or the heat of dung; but then many of them periſh.

When hens are laying the old ſtraw ſhould be taken away, and freſh put in, that it may not breed flees and other vermin which much incommodes them.

Of the maladies of HENS.

Setting hens are ſometimes troubled with lice and vermine; for the cure pound burnt cummin and ſtaphiſager of each equal quantities and mix it with wine and rub the hens with it, or waſh them with a decoction of wild lupines.

If HENS *are troubled with ſore Eyes.*

Waſh them with womans milk or the juice of purſlain, or elſe with armoniac cummin reduc'd to powder and honey mix'd, of each equal quantities, and in the mean time keep them in the ſhade.

If HENS *are troubled with a looſeneſs.*

Mix a handful of barley meal and as much wax, in ſome wine, make it into a maſs, and give it them in the morning, before they have any other meat or elſe let them drink a decoction of apples or quinces.

Hens ſometimes ſicken by laying too many eggs, ſo that having exhauſted their ſtrength they languiſh: the ſame ſometimes happens to ſitting hens by their ſitting too long; to remedy this take the white of an egg which roaſt till it looks as if it were burnt mix this with an equal quantity of dry'd raiſins, alſo burnt, give the hens this faſting.

HEN HOUSE.

Let it be large and ſpacious with a pretty high roof and ſtrong walls to keep out both thieves and vermin, let there be windows on the eaſt ſide that they may enjoy the benefit of the riſing ſun, ſtrongly lathed and cloſe ſhut; upwards, and round about the inſides of the walls upon the ground ſhould be made large pens of three foot high for geeſe, ducks and large fowls to ſet in and near unto the evings of the houſe ſhould be long perches, reaching from one ſide of the houſe to the other, on which ſhould ſet cocks, hens, capons and turkeys each on ſeveral perches as they are diſpos'd.

At another ſide of the houſe at the darkeſt part over the ground pens fix hampers full of ſtraw for neſts in which hens ſhould lay their eggs; but when they ſit to hatch chickens, then let them ſet on the ground, otherwiſe it will be dangerous.

Alſo let there be pins ſtuck in the walls, that the poultry may climb to their perches with the greater eaſe.

Let the floor not be pav'd but made of earth ſmooth and eaſy, let the ſmaller fowl have a hole made at one end of the houſe to go in, and come out at when they pleaſe or elſe they will ſeek our rooſts in other places; but for larger fowl you may open the door morning and evening.

And it would be the better if this hen houſe were ſituated near ſome kitchen, brew houſe, bake houſe or kiln, where it may have the air of the fire and be perfum.d with ſmoke which is to pullets both delightful and wholeſome.

HERBS *to preſerve againſt all Animals that are noxious to a Garden.*

In or near the place where you ſuppoſe theſe vermin to be, bury the belly of a ſheep full of its ordure or dung, and cover it with a little earth, and in two or three days time, you will find them come to that place in ſhoals; ſo that you may have an opportunity to kill and root them out by that time you have done this two or three times.

Pickled HERRINGS.

Let the Herrings be large, ſkin them and take the fleſh from the bone on each ſide all in one piece, croſſing them every half inch, then lay the parts next the head in the middle of the plate, ſpreading the bodies to the outſide in the form of a ſtar; garniſh with the roots of red beets, ſlices of lemon and pickled barberries.

They are uſually eaten with vinegar and bread and butter, and ſome uſe pepper.

To broil HERRINGS.

Let the herrings be freſh, ſcale them, waſh them and dry them well with a cloth, ſtrew them with flour of ginger as you do other fiſh with flour, then broil them, and when they are enough, the taſte of the ginger will be quite gone; then ſerve them up with a ſauce made of butter, claret, ſalt and muſtard, and they will not riſe in the ſtomach.

To bake HERRINGS.

Let the herrings be freſh, ſcale them, cleanſe them well and put them in a glazed earthen veſſel, where they may lie ſtrait; then put in as much of the following liquor as will cover them, *viz.* pale, old ſtrong beer and vinegar in equal quantities; or all vinegar (as ſome do) tho' the former is beſt, or you may put in two parts of vinegar and one third of water.

Then add as much bay ſalt as will ſeaſon them to your mind and a tenth part of that quantity of ſalt-petre; which will not add to their ſaltneſs; but will give them a fine reliſh; and alſo a bunch of ſweet-herbs, ſome whole pepper, cloves or *Jamaica* pepper, and two or three bay leaves.

Then

Then cover the pan and bake them in a briſk oven with bread; theſe are to be eaten cold.

To STEW HERRINGS.

Firſt broil the herrings very brown, then cut off their heads, and having made ſome white wine hot, ſeaſon'd with an anchovy, a blade of mace, and four little onions, ſtew them; bruiſe the heads in the wine, then take them out, and after that put in the herrings; lay them at length in a diſh, ſet them over a chaffing diſh of coals, and ſtew them on both ſides till they are enough at the bone, then take them out; ſhake up the ſauce with butter and flour.

A Powder to ſtop the HICCOUGH.

Powder the ſeed of the plant dill very fine, take as much as will lie upon a ſhilling in two ſpoonfuls of ſyrup of black cherries.

This may be given to man, woman or child.

HIPECACUANNA is the beſt remedy that has yet been found out for the bloody flux, it will both purge and vomit, and afterwards cloſe and ſtrengthen the fibres of the bowels; it may likewiſe be us'd in other looſeneſſes; but not with the like ſucceſs, the doſe is from half a dram to a dram and a half, and it muſt be reduc'd to a very fine powder.

HOARSENESS.

To cure this boil penny-royal in water, and in the evening before you go to bed, take a ſpoonful of this water very hot, with a little ſugar, repeat this three or four times and your voice will be as clear as before or

2. Take a dram of crabs eyes three days after one another, alſo balſam of ſulphur is very good for it.

3. Drink half a pint of mum as hot as you can, drink it at a draught every night when you go to bed for three nights ſucceſſively.

For a HOARSENESS *upon a Cold.*

Take three ounces of hyſſop water, ſweeten it with ſugar candy, and beat the yolk of an egg well into it and drink it up at a draught.

For

For a HOARSENESS *attended with a* COUGH.

Take ſyrup of *Althea* and *Jubebs*, of each two ounces; of *Lohoch Sanans* one ounce; ſaffron and water-flag powder'd, of each one ſcruple; and when you cough, lick it off a liquoriſh ſtick.

Of HOGS *or* SWINE.

A certain author obſerves that the large *Hertfordſhire* breed, or as ſome will have it *Lincolnſhire* breed, are the quickeſt growers, and grow to the largeſt ſize of any we know of with us.

But this kind muſt have great ſtore of food, when it is young; for unleſs it is continually ſerv'd with plenty of waſh in the younger part of its life, it will be ſtunted and never come to good.

But upon turning them into the fields or any graſs, by reaſon of its voracious appetite, they will certainly get the diſtemper call'd the *Gargut* (if care be not taken to reſtrain them) which will deſtroy them in a few days; *See* GARGUT, *&c.*

There are another ſort of ſwine famous in *England*, which ſome call the *Bantam* breed, and others the *Guinea* breed; and others the *African* hog; and ſome again the black *French* hog; but the more common name is the black breed.

This is by ſome accounted the moſt profitable for breeding of pigs, for ſweetneſs of fleſh, and for being eaſily raiſed and fattened; they being the moſt hardy of all others, and will make the beſt ſhift for its food of any hog we know.

But the ſort of ſwine that is moſt frequent in *England* and that require the leaſt care, and generally bring the moſt profit are the croſs ſtrain, bred between the two foregoing ſorts.

Theſe are the moſt coveted, becauſe they will eaſily ſhift for themſelves, are good breeders, are more hardy than the large ſort, and when they are put up grow fat the ſooner.

And beſides their fleſh is finer and more delicate than that of the large ſort, which is generally coarſe and looſe.

There is alſo another ſort of the black kind; but does not cleave or part the hoof, or as one may ſay are whole hoofed.

But the fleſh of thoſe is not altogether ſo pleaſant as that of the black breed beforementioned; neither are they inclin'd naturally to be fat, as the other black breed are.

The *Hertfordſhire* and *Lincolnſhire* which are both the ſame; they have long and large bodies, long legs, long and thick necks, and carry long briſtles; but this ſort is not ſo eaſily fattened as the croſs ſtrain, nor will they pay the expence of fattening ſo well in proportion.

The black or *Bantam* breed have ſhort heads and necks, are very deep ſided and bellied, even reaching to the ground; they have thick gammons and ſhort legs, are ſhort ſnouted, thick chin'd, and are generally pretty ſtrong. theſe are ſeldom above eight hands high.

The croſs ſtrain between theſe two, are of a middle ſize and not of any conſtant colour; ſometimes inclining to the white of the large ſort, at other times black, and ſometimes mottled or ſpotted, and now and then griſled between white and black, being of a colour inclining to blue.

Some of theſe have been near ten hands high. Theſe in their make, are generally more like the black breed than the large kind, and are moſtly produced between a boar of the white ſort and a ſow of the black breed.

It is to be objected, that the boars for the moſt part are much ſmaller in their bodies than the ſows: and it is probably for this reaſon that the boars of the white kind are put to ſerve the ſows of the black kind, the coupling being more eaſily effected.

The other ſort before mentioned is likewiſe black, long bodied, ſhort necked, long ſnouted, broad backed and ſomething longer jointed every way than the former hogs of the croſs ſtrain.

Theſe are not ſo plentiful breeders as the black breed, ſeldom bringing more than eight or nine at a farrowing, whereas the black breed do bring ſometimes fifteen, ſixteen or ſeventeen at a time.

Neither are the large *Hertfordſhire* ſwine ſo plentiful breeders as the black breed; they bringing not above eight or nine at a farrowing.

There is one thing to be remarked in relation to the whole footed ſort of ſwine, as to their coupling with the cloven footed.

Some who have had a whole footed ſow ſerved by a boar of the cloven footed kind, tell us, that of the litter of the

pigs,

pigs, ſome of them were whole footed, and ſome cloven footed, ſome had two whole and two cloven, and another with three cloven feet and one whole foot.

From theſe obſervations it ſeems reaſonable to ſuppoſe that as far as they concern the ſtature and bulk of ſwine, that the larger ſort of hogs ſhould only be cultivated as in ſuch countries or farms, where there is the greateſt ſtore or plenty of food for fattening of them for bacon; as for example, in ſuch countries as abound with maſts of ſeveral kinds, and afford great quantities of peaſe. Altho' barley meal, or ſodden barley will do.

As for the middling and bad breeds, their pigs may be reared on ſtubbles which will make them thrive and fit for killing for porkers at a ſmall expence.

Thoſe pigs that are reared on ſtubble, are call'd ſhock-pigs and as they do not require ſo much food as the larger kind, ſo they will find nouriſhment ſufficient in the ſtubbles (within a ſmall matter) to feed them fit for the butcher; and by this feeding which may be accounted a ſhort nouriſhment, their fleſh will be ſhorter and better taſted than thoſe hogs which feed on groſs food.

Juſt as the ſheep that feed on *Banſtead* downs or ſhort graſs, yield better mutton, then thoſe that feed on rich or high paſture.

So likewiſe rabbets that feed upon ſhort paſturage, are always fatter in proportion, and of a much finer and ſweeter fleſh, tho' they are ſmall than ſuch as have plenty of food.

As to the fleſh of hogs, we do not only find that one ſort is more agreeable than another to the palate on the account of food; but that the fleſh is alſo more or leſs firm as the diet of the hog happens to be, and on that depends the keeping of the fleſh either when it is pickled or dried.

The aſtringency in acorns, upon which ſwine feed in many places, ſerves to give their fleſh a firmneſs, which in drying or pickling, will preſerve the fat or any part from turning ruſty.

This is the caſe of ſuch hogs as are fed in the countries where acorns are plentiful, and inſtead of theſe horſe-beans may be uſed as their fattening food.

Cheſnuts are likewiſe very good and fattening for hogs, and ſome have found the way of feeding hogs with horſe-cheſnuts. They boil them in a lye till they are tender, and then the coverings will ſlip off. By this boiling the bitterneſs which abounds in this ſort of cheſnut will be taken away, and ſo they will be fitted for food for the hogs.

Some

Some do pretend to tell us that we have a wild kind of hog in *England*, which probably we had before we took the benefit of incloſing lands: For when all grounds were open and free, cattle took the liberty of running where they pleaſed, and a ſingle mark was the only thing by which a man could diſtinguiſh his own cattle from thoſe of his neighbours.

It is now much the ſame caſe in *Weſtphalia*, where the ſwine run at random: And theſe may be properly ſaid to be in ſome ſenſe wild; tho' not ſo wild as theſe in the great foreſts of *France* and *Germany*, or about *Italy*; for theſe in *Weſtphalia* are ſomewhat more familiar, by being partly under the dirrection of a ſwine-herd, and therefore do not fly from, or avoid the company of mankind, as the wilder hogs of the woods and foreſts do.

The feed of theſe both the one and the other are the ſame, *viz.* acorns and other kinds of maſts and other wild fruits and upon truffles, roots of herbs, *&c.*

Theſe certainly have the moſt delicate taſted fleſh that one can deſire; but are never ſo fat as our bred hogs at home.

The beſt places for breeding a number of ſwine, are ſuch as abound in woods; the beſt countries for feeding them are where horſe-beans and peaſe are plentifully cultivated ſo; in like manner at farms where there are large dairies, it is neceſſary that there ſhould be as many hogs as cows; for the offals of the dairy, as ſkimmed or flet milk, butter-milk, whey, and the waſhings of the dairy, will afford them ſufficient to nouriſh them, and make them profitable.

In the choice of ſows in breeding, thoſe are accounted the beſt for bearing ſtrong pigs, that have not more than 12 teats or paps; nay ten is a good reaſonable number: For though there have been ſome ſows that have brought 18 or 20 pigs at a fare; yet by ſo many, where there are even teats or paps enough for them, the ſow is grately weakened and the pigs not half nouriſhed; and beſides the ſow will be a much longer time before ſhe will take the boar again.

Some are of the opinion that every ſow has ſo many paps as ſhe brings pigs at a fare, and that every pig knows its own pap, and ſucks that and no other; and again that if you take away any pig, the pap that the pig belonged to that has been taken away has dried up; which whether ſo or not I ſhall not determine; but it has been obſerved that a

ſow that has brought ten pigs, has at that time, had ten apparent paps; beſides ſix or ſeven blind paps, as they are call'd; becauſe they were not prominent as the others or of any uſe: but in another fare of pigs which a ſow brought a year after, of about fifteen in number, ſhe had as many teats or paps as pigs.

However, this is certain, that the ſmaller number of pigs a ſow has, the better nouriſhed, and the larger they will be when they are grown.

It is a common ſaying, *the worſt houſewife will rear the beſt pigs*; this ſaying probably ariſes from this ſuppoſition, that ſwine are creatures that delight in dirt and filth. But we have good reaſon to judge that ſwine are cleanly creatures in their diſpoſition.

For notwithſtanding they do frequently lie down in miry places and bogs and the like: It is in the firſt place to cool their bodies, there ſcarce being any animal of a hotter conſtitution than ſwine.

And again, as ſwine are often troubled with ticks or lice, ſo the rolling or covering their bodies with dirt; as ſoon as it is dry, and they can rub it off, frees them of that vermin.

Another proof of their cleanly diſpoſition is, that they will not fatten if they are penn'd up in ſo cloſe a ſtye, that they are obliged to lie down in their own dung.

Therefore all ſtyes that are made for theſe animals, ſhould have open courts before them, for the better conveniency of their airing themſelves, and for the more commodious giveing them clean ſtraw, or litter to lie upon.

One inſtance of the heat of their bodies is, that they will fatten much better and ſooner, in cool and moiſt woods and ſhady places, where little food can be ſeen, than in hot open expoſures, where they have plenty of food given them, without the trouble of ſeeking for it.

And beſides it is obſervable what ever food or diet is cooling to their Bodies, is profitable for them; and on the contrary, all diet of a hot nature, is diſagreeable to their natural diſpoſition; and this alſo renders it neceſſary that they ſhould always have free acceſs to water.

One boar may be allowed to two ſows, and not more, if you would have the breed ſtrong.

Sows for breeding ſhould be of different ages, that there may be ſucking pigs for the market all the year.

A ſow from the time ſhe is ſerv'd by the boar, to the delivery of her fare of pigs, goes about 16 or 17 weeks, for the

the moſt part farrowing in the 17th week; and if they are kept clean and well fed, will bring three fares of pigs in a year.

A boar ought to be a year old before he is ſuffered to couple, tho' they are capable of ſerving a ſow at half a year old.

Nor ſhould a ſow be younger than a year old when ſhe is ſuffered to take boar; and then ſhe will breed ſeven years after, except ſhe happens to have too great a number of pigs at a fare, as that is, ſo will ſhe be fruitful a longer time. A judgment may be made how many ſhe will bring at each fare afterwards, or near the matter, by the number of pigs ſhe brings at the firſt time of farrowing.

Although a ſow will bring three farrows of pigs in a year, yet it will not be neeſſary nor convenient to ſuffer them at every breaming to take boar; becauſe if they bring a great number of pigs, three farrowings in a year, will weaken them too much; and conſequently the pigs themſelves would be weaker, and require a greater and larger ſhare of nouriſhment to bring them forward, than others that are ſtrong at their firſt farrowing, or ſhall then have the benefit of being ſuckled by a dam in full ſtrength.

Some farmers are of opinion, that the beſt bearing time, is from *Novewber* till the end of *March* or the beginning of *April*, ſo that there will be pigs farrowed at the beſt ſeaſons, either for killing as for ſucking pigs or for ſhock pigs; *i. e.* pigs to be turn'd into the ſtubbles after harveſt, to be reared.

Though a ſow may be with pig at the firſt breaming as it is almoſt conſtant, yet it may be more prudent to ſuffer her to keep company with the boar for ſome time afterwards, to prevent the caſting of her pigs before the time.

A young ſow in her firſt pregnancy ſhould be kept from the inſults of dogs, or from being too much hurried, for theſe ſometimes have cauſed them to ſlip their pigs after three months pregnancy.

A ſow in few days after ſhe has pigg'd, provided ſhe has been well fed, will ſeek the boar, and if ſhe be ſuffered to be ſerved by him, it will not be difficult to conceive how ſhe may bring forth three litters in a year.

Some young ſows at their firſt farrowing, are ſubject to eat their pigs, and therefore ought to be watched carefully when they are near the time of their farrowing.

The beſt way next of watching her to prevent it is, to feed her very well for two or three days before her time of farrowing; but if this be not done then as ſoon as ſhe has farrowed, waſh the backs of the pigs with a ſponge dipt in an infuſion of aloes and water warmed, and this will prevent her from devouring them.

It will be neceſſary to keep the ſow clean in her bed, and to help her by feeding now and then with warm milk, with a little coarſe ſugar in it, as ſoon as they can conveniently be brought to take it; eſpecially if the ſow has brought a great number, and alſo to kill and diſpoſe of ſome of them.

The beſt time for killing ſucking pigs, and when they are firſt accounted wholeſome, is about three weeks old, and the others that remain for breed will ſoon begin to follow the ſow and ſhift for themſelves.

If the ſow is very large and in good plight, ſhe ought to have room enough given her, either in the ſtye or houſe where the pigs are kept, to prevent her overlaying them; and care ſhould be taken when ſhe comes in from feeding, that ſhe does not fall down upon the pigs.

If you have ſeveral ſows that farrow at or about the ſame time, they ſhould be put into different ſtyes or houſes, or elſe they will deſtroy one anothers pigs.

When a ſow has brought a fare of pigs; barley made ſoft in water is of great nouriſhment to her, and is both a cooling diet and a great ſtrengthener; or you may break it or half grind it and ſteep it in water, and it will be very advantagious both to her and her pigs.

But if when proviſion be ſcarce, whether waſh, grains, whey, or other food, the beſt way to preſerve the ſtrength of the ſow, will be to ſell all the pigs at the beſt market, as ſucklings as ſoon as you conveniently can and then ſhe will be the ſooner fit for the boar.

It is obſervable, that ſcarce any creature is ſo voracious as ſwine; and a ſow that has pigs, is the moſt miſchievous creature that we know of. It has beſides its own natural diſpoſitiou a wantonneſs which induces it to prey upon every thing that falls in its way, or can get within its power.

Its ill nature is viſible in its diſpoſition to prey upon its own pigs; and it were well, if its voracious appetite would end there, but there are a great many melancholly inſtances of the miſchief done by ſows that had pigs, in the wounding and eating of young children, when a due care has not been taken to prevent it, and beſides taking all care imaginable

to ſecure little infants from them; one very good way will be to feed them well, letting them have plenty of victuals.

And take care eſpecially, that when a ſow has pigs, to let her have water altho' ſhe has plenty of milk, or the beſt waſh from the dairy allowed her. It will be the beſt way to keep her from doing harm.

When you have a mind to wean the pigs from the ſow feed them now and then, when the ſow is from them with the beſt milk that can be ſpared from the dairy; which begin firſt with it warm, but at three weeks end give it them cold, if you deſign to rear them; and then you may at a month old either let them be fed alone or keep company with the ſow abroad.

When a boar is upward of five years old, it will be the beſt way to geld him, in order to put him up for brawn, for after that time he is not accounted fit for generation, his fleſh then is not too hard, and his ſkin is moſt naturally inclin'd to be brawny. However if he be gelt, he will be fit for bacon.

A ſow may breed till ſhe is ſix years old; and ſome allow them to breed ſeven years before they put them up to fatten, but others diſapprove of this; becauſe, they ſay, ſhe never receives her food well, nor can make good fleſh, unleſs ſhe is ſtrong in body, and has taken the boar ſome time before ſhe is put up: For otherwiſe ſhe will pine, and her meat be little or no nouriſhment to her.

It is alſo neceſſary when hogs are put up to fatten that they ſhould be kept out of the hearing of the cry or grunt of other hogs: for elſe upon the firſt confinement, notwithſtanding they have great plenty of food given them, they will pine and decline in their fleſh.

This ſhould be obſerved eſpecially in putting up boars in franks for brawn: For if they are within the reach or ſound of any other ſwine, they will be ſullen and not feed and beſides you muſt be very careful to keep them cleanly when they are once incloſed in franks; the machine being ſo contrived that their dung may be clean'd away every day, or they will not thrive.

Another thing ought to be obſerved by thoſe who breed and feed ſwine, and this is that they do not ſuffer them to feed too raſhly, nor give them too plentifully before they put them up; but only a moderate quantity, ſuch as will keep them in a good ſtate of body, and prevent them from being too ravenous.

And beſides breeding ſows, if they are ſuffered to be fat, will be in danger of their lives at the time of farrowing.

If you keep any number of ſwine, it would be beſt to give them a feeding every morning and evening, ſuffering them to range about in the day time, ſeeking their food, which they will not want, if there be any herbs or graſs to be found in the lanes or ſuch waſte grounds where they may go: For there is ſcarce any herb or root that is diſagreeable to them.

But in the time when graſs is freſh and in great plenty, eſpecially in the ſpring of the year, you muſt not let them have their liberty to feed upon that, for if they do it will certainly give them the *Gargut*.

In harveſt time you muſt take care to yoak and ring them, to hinder them from breaking through hedges and fences to get to the corn; for they will in a little time do more miſchief than they are worth themſelves.

During the growth of theſe creatures, before you put them up to feed, either for porkers, or to fatten them for bacon; if you happen to have a ſcarcity of waſh or ſwill, you may give them graves and water, which is as good a food, (theſe are made of the offalls of melted tallow and are to be had of the tallow chandlers.) But this will be proper only for about a month before you deſign them for pork. or what is called green bacon, which is pork for pickling.

If hogs be allowed to eat too great plenty of freſh graſs, they generally appear heavy, hanging down their heads and ſtaggering after four or five days plentiful feeding on ſpring graſs, and ſeldom live above a day or two after they are thus affected. See *Gargut*.

When a ſow has paſſed her breaming time, or if ſhe does not ſeem inclinable to take the boar, give her ſome parch'd oats in her waſh, or morning and evening food, ſome give a ſow the ſmall end of a rennet bag to excite her to take boar.

When you have choſen the beſt pigs for rearing, and pitch'd upon ſuch as are deſign'd for boars and ſows for breeding, geld the males of the reſt, and ſpay the females, which are then call'd *ſpayed gelts*: theſe that are thus caſtrated will be fit firſt for the butcher to kill for pork.

The beſt time for killing a hog for pork or green bacon, is at full half a year old. or at almoſt nine months old: Hogs fleſh of this age will eat tender and ſweet, white and full of gravy.

elfe-

If it it be either us'd as pork, or if it be pickled, in the manner elſewhere dirrected, it will exceed even *Weſtphalia* bacon, or any pickled pork that is common.

But in ordet to this it is neceſſary to obſerve the following directions, as to the food ſuch hogs ſhould have for a month or five weeks before they are kill'd.

If the hog be deſign'd for a porker only, put him up and give him raſpings of bread, which may be had of the *London* bakers for nine pence or 10 pence a ſtrike, which is a buſhel meaſure, fill'd only to the edges: ſo that whereas eight buſhels make one quarter, 16 of theſe make the ſame meaſure.

Soak theſe raſpings in water and give them to the hogs that are to be fattened for porkers: But whereas this is a ſoft food, it will be beſt in putting up the hogs the firſt week to add to every buſhel of theſe raſpings a peck of horſe-beans broken a little in a mill.

And if you would have the fleſh and fat yet more firm, you may ſprinkle into the meat made of the raſpings, a ſmall quantity at a time of oak bark finely ground.

Another way of feeding ſwine for pork to be uſed freſh in the kitchen, is with barley meal, to be tempered with water till it is of the conſiſtence of mortar, us'd by bricklayers.

Twelve buſhels of barley thus made into meal, will fatten an hog of full growth of the largeſt ſize for bacon, as well as 16 ſtrike buſhels of peaſe, and make his fat as firm as peaſe will do.

But for pork to pickle, half the quantity will be enough, or leſs may ſerve, according as people fancy, to have the hogs fatter or leaner, either for freſh pork or pickled pork.

But the method by ſome principally recommended is for pork to be pickled, to give the hog about three pints a day of horſe-beans with his common meat for a week before he is put up; and to take care that he never want either meat or water, and to bed him well with clean ſtraw or peaſe halm, which muſt be frequently ſhifted, that he may be kept ſweet and clean.

At the firſt of his being pinned up, he will eat about three quarters of a peck a day, and by degrees as he grows fatter, his appetite will decline. About three buſhels of peaſe, or four at moſt, if he be of the larger breed, will fit him for killing, without making him too fat.

In this condition the fleſh will take ſalt better than by any other food.

But acorns, if they can be had, are preferable to horſe-beans, and may be uſed in ſuch quantities as directed above in the week before the hog is ſhut up in the ſtye.

The more acorns are given to hogs, the firmer their fleſh will be, the acorn being of an aſtringent quality, and ſo likewiſe is the bark of oak.

Cheſnuts are likewiſe of the very ſame nature, and are nouriſhing alſo like acorns. Horſe beans too are of the ſame quality, but are rather too hot to be given in too great plenty. Peaſe alſo are good to nouriſh and bind the fat of hogs; barley alſo is very good, and the ſofter food among theſe is the raſpings of bread.

The Feeding and fattening HOGS *for* BACON.

Thoſe hogs that are generally put for bacon, being generally older than thoſe that are fed for porkers or for killing to be pickled, they will not ſo eaſily be brought to feed in the ſtye as the younger hogs will; therefore the beſt way of managing them will be to keep them ſcant of victuals the day before they are put up.

Let their ſtye be made and kept as clean as may be, and let them have ſufficient litter.

And becauſe they will at firſt (however good their victuals may be, (whether peas or any other ſort) be apt either out of wantonneſs or ill temper to toſs it out of the trough they feed in, to prevent this ſome have contriv'd a method of giving them their food no faſter than they have an appetite for it, which is done by means of a box or bin in the following form.

The mouth or opening is in the form of a cone-like box or binn with the broader end upwards into which the meat is to be poured. At the lower end it will fall by degrees into a trough or receiver of wood where the hog may eat it as it falls, without being capable of ſpoiling any of it or waſting it. The trough or bin may be made to contain a buſhel and muſt be covered at the top, cloſely barred or lock'd down ro prevent the hog from breaking into it, this trough ſhould be two foot and half ſquare, and the binn may be as broad at the top, ending narrow at the bottom.

Hogs being fed after this manner, will have the advantage of the common way, that tho' the fat ſhould probably encreaſe ſo faſt as in the common way of feeding, yet it will be more firm and not ſo ſubject to turn ruſty: for it is obſervable that all ſwine who are fed after thir own gluttonous

manner,

manner, will indeed grow fat quickly, but then their fat will be ſpungy for want of ſufficient time for digeſtion of their meat.

The hog or hogs being fed as before directed, are to be kill'd and dreſs'd; of doing which there are two ways, the one is *ſcalding* and the other *ſingeing*. The ſkin of that which is ſcalded, is not ſo rough as that which is ſinged; and it is reaſonable to be ſuppos'd that the ſalts which we uſe will more readily penetrate the ſkin that is ſcalded than that which is ſinged; and alſo that the ſcalded ſkin will be tenderer than the other when it is boil'd and eaten.

If the hogs be ſcalded, the common pickle for pork (ſee PORK) is the beſt way of preparing it for drying.

This is the way that is generally practis'd in making of hams, which may, after it has been in the pickle five or ſix weeks, be hung up in a chimney where wood or ſaw-duſt is burnt; or if neither of theſe can well be had, then Newcaſtle or other pit coal may do, but the ſmoak of wood is to be preferr'd; and will render the fleſh of much finer flavour than the ſmoak of coal.

This likewiſe is to be obſerv'd that the more gentle and conſtant the fire is, ſo much the better and more equally will the bacon be cured.

And for want of uſing this caution, bacon has ſometimes grown ruſty before it was half made; and ſometimes it will be red half through and green in the middle.

It is a rule, that whatever is red in the fleſh of bacon is fully cured, and what is not, will be ſubject to decay.

I ſhall give an account of the methods of curing bacon or preparing hams in *Weſtphalia Hamborough*, *Norway* and other bacon countries, by ſmoking lofts or cloſets, adjoining to the funnels of their chimneys, in garrets or other places remote from the fire; from whence it will appear that the ſmoke is the principal means of curing bacon.

For as it is in thoſe countries the manner of drying their bacon is to keep it very remote from the fire and out of the heat of it, ſo we are ſenſible of the good effects of that practice.

Their bacon is tenderer and eſteem'd too of a higher and richer flavour than that made in any other parts of *Europe*, and yet the bacon of thoſe parts is ſalted for the generality with no other than common ſalt, ſuch as is made at *Newcaſtle* and St. *Ubes*.

But theſe foreigners uſe but a ſmall ſhare of ſalt in compariſon to what we do in *England*, relying chiefly upon the

ſmoke

ſmoke for curing their bacon; while on the other hand our bacon makers depend chiefly on the quantity of ſalt; and imagine that will ſecure it from the over heat of the fire that is given it in drying.

But it being an over common method to hang bacon up to dry too near the fire it commonly turns ruſty in a little time.

The ingenious gentleman Mr. *Warner* of *Rotherhithe* who reſided many years in that country communicated the account of their method of preparing and curing their bacon in *Weſtphalia*.

Since this ſome perſons as Dr. *Corbet* of *Bourn Place* near *Canterbury* as it is ſaid, built a bacon houſe capable of drying 60 large hogs at one time and has improv'd upon the *Weſtphalia* method, *viz.* by drying ſo many with one fire; when their drying rooms and cloſets do not cure but perhaps five or ſix at a time.

How any farmer or other perſon may make ſmoke or drying cloſets in their garrets, ſufficient for curing bacon for their own families, if they can allow ſuch a part of their upper ſtory for ſuch uſe, as joins with ſame funnel of their chimney where the moſt conſtant fire is kept; taking this precaution, when they make ſuch a cloſet that it be as cloſe as poſſible; ſo that when they let in the ſmoke from the chimney none of it may eſcape.

The manner of letting in the ſmoke muſt be through an hole from the chimney near the floor of the drying room, which muſt be guarded or governed by a regiſter of iron which at pleaſure may be opened or ſhut, either to let the ſmoke paſs up the chimney without interruption or turned alltogether into the bacon room, when it is neceſſary.

Near the cieling above there ought to be another hole in the chimney govern'd by a regiſter of iron, to let out the ſmoke in ſuch quantity as you pleaſe; or being ſhut with iron below may let the ſmoke paſs freely up the chimney funnel as it may be thought neceſſary.

It is proper that in making theſe regiſters that the handles of them ſhould be without the cloſet to turn them to what degree you pleaſe, without entering the ſmoke room, and likewiſe care muſt be us'd in drying, that the flitches be ſo hung up that one piece may not touch another; but ſo that they may receive the ſmoke on every ſide.

Theſe places as they are remote from the fire and are pretty conſtantly fed with ſmoke do bring the fleſh to ſuch a ſtate

a ſtate that it will not afterwards be ſubject to putrefaction.

To BARBECUE *a* HOG.

Kill a hog about five or ſix months old, take out the inwards, clearing it of its harſlet: then turn it upon its back, and cut the belly in a ſtrait line down to the bottom in the jointing of the gammons, from three inches below the place where it was ſtuck to kill it; but do not cut it downwards ſo far; but that the whole body of the hog may hold any liquor that you would put into it, then ſtretch out the ribs, opening the belly as wide as you can, and ſtrew into it what pepper and ſalt, you think fit, then having a large iron frame or gridiron with two or three ribs, ſet it upon an iron ſtand about three foot and a half high, and upon that lay the hog, ſpread open with the belly ſides downwards with a good charcoal fire under it, broil that ſide till it is enough at the ſame time, flouring the back often.

This ſhould be done in ſome out-houſe or yard with a tent over it.

When the belly ſide is enough and turn'd upwards ſo as to be ſteady upon the gridiron or barbecue, pour into the belly of the hog three or four quarts of water and half that quantity of wine.

To roaſt a HOG'S HARSLET.

Let the harſlet be freſh, lay by the lights and cut the liver into thick ſlices, and the heart into thinner pieces; then cut ſome of the crow of the hog in pieces equal to that; then dip the ſweet breads and ſome ſlices of the ſticking pieces and of fat bacon firſt into beaten eggs, and then into grated bread, ſome pepper ſalt and red ſage minc'd very fine, and a little ſweet marjoram or ſweet baſil powdered; then place the pieces broadſide one to another upon a ſmall ſpit, always obſerving to lay the ſlices of bacon next to theſe of the heart, and the crow next to the liver, then having wrapp'd them up in a veal caul roaſt it.

Put theſe pieces as cloſe as you can together, and when it is done ſerve it with melted butter, muſtard, and a little lemon juice.

HOGS-HEAD *in imitation of the Jole of a wild Boar.*

Firſt burn the hogs head well all over upon a clear fire, till all the hair is burnt to the ſkin, then take a piece of brick, and rub the head all over as hard as you can to grind off the ſtumps of the briſtles, then finiſh the whole with a knife, and clean the head very well; afterwards bone it, opening the head in the under jaw and beginning with the under jaw bones and the muzzle; then cleave the head, leaving nothing but the ſkin over the ſkull to hold it together: taking out the tongue and brains.

The bones being taking out, ſtab the fleſh with the point of a knife in many places on the inſide, without wounding the ſkin and put ſalt into every inciſion; then join the head together, and tie it well together with packthread, then wrap it up in a napkin and put it into a kettle with a good quantity of water, a large bunch of all kinds of ſweet-herbs, a little coriander and anniſe-ſeeds, two or three bay leaves, ſome cloves, and two or three nutmegs cut in pieces, and ſome ſalt if you think any is wanted, and alſo two or three large onions and a ſprig or two of roſemary.

When the head has boiled half enough, pour in a bottle of wine and let it boil three or four hours longer till it is tender; for it will not be ſo under ſeven or eight hours boiling; and if it be a boars-head that has been put up for brawn, it will take more time in the boiling.

When it is boil'd enough, let it cool in the liquor, then take it out and untie it, and lay it in a diſh to be ſerved up cold to the table, either whole or in ſlices.

If you pleaſe you may ſalt it three or four days before you boil it.

To make a good Diſh of a HOGS-HEAD.

Split the head, take out the brains, cut off the ears and lay it in water for a day, then boil it till all the bones come eaſily out, then pull off the ſkin as whole as you can, becauſe it is to be laid both under and over it, chop it ſmall as quick as you can while it is hot; ſeaſon it with ſalt, pepper, mace and nutmeg; preſs it down into a veniſon or pudding-pan; lay the ſkin over and under it, cover and preſs it down very cloſe, and when it is quite cold it will turn out and cut as cloſe as a cheeſe; you may put ſalt and vinegar to ſome of the liquor it was boiled in, and in that pickle keep it.

It may be eaten with vinegar and butter, and it is better than brawn, if the head you make it of be large and fat.

To dreſs HOGS-FEET *and* EARS.

Clean them nicely, put them into a pot with a bay leaf and a large onion, with as much water as will cover them; ſeaſon it with ſalt and a little pepper; bake them with houſhold bread; keep them in this pickle till you want to uſe them; then take them out and cut them in handſome pieces and fry them.

For ſauce take three ſpoonfuls of the pickle, ſhake in ſome flour, a bit of butter, and a ſpoonful of muſtard, lay the ears in the middle, the feet, round them and pour the ſauce over them.

A HOG-MEAT-PYE.

Take two buttock pieces or as they are alſo call'd two rearing pieces of pork (theſe are the lean that is cut off the gammon on the inſide of the flitch) cut ſome of the fat off the chine, and pound the fat and lean very well together, ſeaſon the meat with ſalt, pepper, mace and nutmeg; then tie the meat up in a wet cloth, making it into the ſhape you would have it; and having cut ſome long ſlips of the fat of the chine, lay it between every layer of the pounded meat; and having thus laid it in order, tie it up hard, and lay a heavy weight on it to preſs it very hard and cloſe for three or four hours: having made the pye, lay in the meat and upon that half a pound of butter; at the time you ſet it into the oven pour in a quarter of a pint of claret; and when you draw it, if you find it dry, pour in melted butter.

HOGS-PUDDINGS.

Boil a hogs tongue with ſome of the lights and liver till they are very tender; mince the tongue and lights very ſmall and grate the liver, mix theſe with four quarts of grated bread and three pounds of currans, ſeaſon with ſalt, mace, cinnamon, nutmeg and ſugar, add the yolks of nine, and the whites of five eggs, and three pound of ſuet finely ſhred; wet it with the top of the liquor the meat was boil'd in; and fill the ſkins.

WHITE HOGS-PUDDINGS.

To a quart of cream allow 12 or 14 eggs (leaving out half the whites) they need not be very much beaten; ſet the cream on a gentle fire, and when it boils put in the eggs, keeping it continually, ſtirring till it is as thick as a curd.

Set it by till it is almoſt cold, then add a pound of grated white bread, two pounds of ſuet ſhred very fine, a couple of nutmegs grated; ſome citron cut ſmall, half a pound of almonds well pounded with orange-flower-water, ſalt, and ſugar to your palate; and when you go about filling you may add three quarters of a pint of cream.

HOGS TONGUES. *To dreſs dry'd Ones.*

Scald the tongues juſt enough to get off the firſt ſkin; but let not the water be too hot, then wipe them with a cloth and cut off the root. In order to ſalt them, dry ſome juniper berries in an oven, a couple of bay leaves, a little coriander, thyme and ſweet baſil and all ſorts of ſweet-herbs, except roſemary, ſage, parſly, and chibbol; when theſe herbs are dry'd, pound them in a mortar and paſs them through a ſieve.

Then having ready pounded ſalt and ſalt-petre, mingle them together with the reſt, then putting the tongues into a veſſel, laying them in order one by one as they are ſalted, ſeaſoning every row of them with the before mentioned ingredients, preſs them cloſe together, when they are ſalted, lay a great ſlate or ſtone over them, leaving them cloſe ſtopt for ſix days or a week.

Then take them out, drain them a little, and having cut ſome hogs ſkirts according to the length of the tongues; put every one into its caſe made of thoſe ſkirts, and tye up both ends.

Then faſten them by the top to a pole, laid acroſs the chimney at a convenient diſtance, ſo that they may not touch one another, and ſo that they may be well ſmok'd for a fortnight or three weeks, till they are dry.

If they be well ordered in this manner they may be preſerv'd the whole year; but will be in the beſt condition for eating at the end of ſix months; in order to which boil them in water with a little red wine, and a few ſlices of chibbols and cloves, and when they are ready, they may be ſerv'd up either whole or in ſlices.

HOPS

When pure and new are of a wholſome and healthful nature, compos'd of a ſpirituous part and an earthy phlegmatick part; yet a brewing may be either made or marr'd by the beſt of them: For if the hops are boil'd in either ſtrong or ſmall worts beyond their fine and pure quality, the drink will ſuffer and will be tangd with a taſte both ungrateful to the palate and unwholſome for the ſtomach, and if they be boil'd to a very great exceſs they will be apt to cauſe reachings and diſturb a weak conſtitution.

To prevent this it is beſt to boil two parcels of freſh hops in each copper of ale wort, and if you were to boil three for keeping beer, it would be ſo much the better for the taſte, health of the body, and alſo for the keeping of the beer in a ſound condition.

This may be done by boiling the firſt, half or third part of the hops in coarſe linnen bags for half an hour, then taking the firſt out and putting in a ſecond for half an hour more, and ſo for the third if you pleaſe; by this means you will have the opportunity of boiling both wort and hops their due time, ſave the trouble of ſtraining them through a ſieve and prevent the ſeeds of the hops from mixing with the drink; theſe bags of hops may afterwards be boil'd in the ſmall beer, till all the goodneſs is boil'd out of them, putting in firſt one and then the other as before.

Common brewers and many private perſons do out of avarice boil their hops to the laſt that they may not loſe any of their vertue, and ſome have ignorantly thought they have play'd the good husband in ſqueezing the hops after they have been boil'd to the laſt in ſmall beer to get out all their goodneſs; but this is ſo far the reverſe of good management, that they had much better have put ſome ſorts of earth in their drink.

Some perſons put freſh hops into the wort, after it has been cool'd and put into the working vat or tub, and work them with the yeaſt, at the ſame time reſerving a few gallons of raw wort to waſh the yeaſt through the ſieve to keep back the hop.

This is not to be found fault with, where hops have not been ſufficiently boil'd in the wort, or preſerve it in the coolers, where it is laid thick; but is otherwiſe needleſs.

At times when hops have been dear, many have us'd the ſeeds of wormwood, and others the wholſom herb horehound and others *daucus* or wild carrot ſeed.

This

This laſt indeed is ſaid to give a fine peach flavour to drink, and to be a carminative, and has alſo ſome other good properties; yet if it be not boiled in the wort it is not capable of doing the office of the hop, the hop being full of ſubtil penetrating qualities.

Hops in themſelves are a ſubtle, grateful bitter, whoſe particles are active and rigid, by which the viſcid, ramous parts of the malt are much divided, which makes the drink eaſier of digeſtion in the body; they alſo keep it from running into ſuch coheſions as would make the drink ropy, vappid and ſour, and therefore are not only of great uſe in boiled but in raw worts to preſerve them ſound, till they can be put into the copper, and afterwards in the tun while the drink is working.

It is the worſe and earthy part of the hop is greatly the cauſe of that rough, harſh, unpleaſant taſte that accompany both ales and beers, that have hops boil'd in them, ſo long as to tincture the worts with their moſt miſchievous effects; for tho' the malt be never ſo good, if the hops be boil'd too long in them they will cauſe a bad naſty taſte.

The proportion of hops for ale and beer cannot be exactly adjuſted; becauſe it ſhould be according to the nature and quality of the malt, and the ſeaſon of the year it is brew'd in, and the length of the time it is to be kept.

As for ſtrong brown ale brew'd in any of the winter months, and boil'd an hour, one pound is but barely ſufficient for an hogſhead, that is to be tapp'd in three weeks or a month.

As for pale ale brew'd in the winter months and to be hopp'd in three weeks or a month, a pound and quarter of hops may be allowed; but if brewed in the ſummer months then it will require a greater quantity of hops.

As for either *October* or *March* brown beer, a hogſhead made of 11 buſhels of malt, and to be kept nine months, ought to have three pound and a half of hops and be boil'd an hour and a quarter.

As for *October* or *March* pale beer, a hogſhead made from 14 buſhels of malt, and to be kept 12 months, ought to have ſix pound of hops and to be boil'd an hour and a quarter, and more if the hops be ſhifted into two bags and the wort be not boiled too long.

Here has been diſcovered the true method of managing hops in the copper, which has long wanted adjuſting to prevent the great damage that longer boilings of them has been

been the ſole occaſion of it, to the ſpoiling of moſt of our malt drinks brewed in the nation.

HORE-HOUND, is of two ſorts, white and black. The white hore-hound, a decoction being made of its dried leaves in water is very good for aſthmatical and phtiſicky perſons, and for coughs. It removes the obſtructions of the liver and ſpleen; purges the breaſt and lungs, eſpecially if taken with dry Iris. But it is ſomething injurious to the bladder and kidnies; the juice of the green leaves has the ſame virtues; of which three ſpoonfuls may be taken.

Black HORE-HOUND.

The leaves of this being roaſted in a cabbage under hot aſhes and pounded with ſome ſalt will cure the ſtinging of ſerpents and biting of dogs: they are alſo good for humours and chaps in the fundament; being apply'd with ſome hony they will cleanſe foul ulcers: the decoction of it is good for a cough and difficulty of breathing by its cleanſing the lungs and promoting ſpitting.

HUNGARY WATER.

Take proof ſpirits ſix quarts, water three quarts, roſemary and lavender tops of each a handful and a half, macerate and diſtil according to art.

Another.

Take proof ſpirits ſix quarts; water three quarts; the flowers and tops of roſemary five handfuls, lavender a handful and a half: the root of *Florentine* orris, an ounce and a half, of ſalt a handful; macerate: theſe and diſtil according to art.

HUNGARY *Water as made at* Lions *in* France *or* Montpelier.

To a gallon of brandy, or neat ſpirits allow of roſemary and myrtle and lavender, each one handful; ſuppoſing the herbs to be 12 inches long, cut them in pieces of an inch long; infuſe theſe in the ſpirits for three days, and then diſtil, it and you will have the fineſt Hungary water that can be.

For tho' ſome ſay the roſemary flowers are better than the ſtalks, yet they give a faintneſs to the water and ſhould not be us'd becauſe they have a quite different ſmell from the roſemary; nor ſhould the flowers of myrtle be us'd inſtead of the myrtle, for they alſo have an ungrateful ſcent and quite different from the myrtle.

HYDROMEL *or* MEAD.

Take four gallons of water and as much hony as will make it bear an egg; put to this two ounces of cloves tied in three or four bits of muſlins or linnen cloth, boil theſe till no more ſcum will riſe, ſcumming it well as it riſes; then ſet it off the fire and take out the cloves (which may be reſerv'd, being waſh'd and dry'd for other uſes) then put the mead into an open tub to ferment for three days, till the violence of the working is over, then ſcum it very well and pour off the clear into a caſk, leaving the bung open till the hiſſing ceaſes; then ſtop it cloſe and let it ſtand for three months, then bottle it and cork it well, and it will keep good ſeveral years.

Another Way.

Inſtead of water, put the like quantity of ale wort, brew'd with pale malt, and to this you need not put ſo much hony; but it will require more time before it is fine and fit to bottle; but will laſt many years and will drink like *Cyprus* wine, when it is twelve months old.

This is all the difference in the making this and the former.

HYPOCRAS *or* HYPOCRATIC WINE.

Take cinnamon two ounces, cloves three drams, anniſeed and fennel ſeed of each two drams; liquoriſh ſix drams, mace, cardamums and orrice root, of each a dram; loaf ſugar ſix ounces; bruiſe the ſpices and ſeeds in a mortar, and ſlice the liquoriſh, and pour upon them a pint and half of malmſey (or ſtrong mountain white wine) and a quart of borrage water, ſix ounces of balm, and three ounces of roſe-water.

Infuſe them in a matraſs or other convenient veſſel in a moderate heat for three hours, then paſs the liquor through a flanel bag or filter it through a paper for uſe.

Another.

Take cinnamon two ounces, ginger an ounce, galangal and grains of paradiſe, of each four drams; cloves two drams, double refin'd loaf ſugar a pound, good wine a proportionable quantity and a due proportion of almond milk; clarify and ſtrain it through a thick flanel bag until it is fine and then bottle it for uſe.

HYSSOP.

This plant is of a comforting and ſtrengthening quality. It is prevalent againſt melancholy and phlegm; and the tops and flowers of it being reduc'd to powder are by ſome reſerv'd for ſtrewing upon colder ingredients, communicating no ingrateful fragrancy thereunto.

I

To dreſs a JACK *or* PIKE.

DISCHARGE the fiſh of its ſcales and entrails, cleanſe it well and prepare the following mixture, to be ſerv'd up in its belly.

Cut the rivet or liver of the pike ſmall and chop ſome oiſters or the fleſh of eels and a third part of grated bread, mix theſe with three or four eggs buttered in a ſauce-pan with ſalt, pepper, ſweet marjoram dry'd and powdered and ſuch other ſweet-herbs as are grateful to your palate, and an anchovy ſhred ſmall, with theſe fill the belly of the fiſh and ſew it up.

Then having two ſmall laths of willow or any other wood, except deal or ſuch as has turpentine in it, of the length of the fiſh, lay the fiſh upon the ſpit, with the two laths upon the fiſh and bind them together with a linen filliet of about an inch broad, wrapping it round in the form of a ſcrew; then lay it down to the fire, baſte it well with butter and dredge it with the crumbs of bread, and the ſame ſort of ſweet herbs that were us'd in the before mentioned mixture.

If you cannot have oiſters nor eels, you may add the more buttered eggs to the mixture.

This may be bak'd with leſs trouble than roaſting, if you have the conveniency of an oven; and then you muſt roll the outſide in the yolk of an egg, and roll it in ſome of the aforeſaid mixture; the anchovy and buttered eggs being left out.

For the ſauce melt butter with a little white wine and a third part of ſeaſoned beef gravy, a ſpoonful or two of muſhroom katchup and an anchovy or two diſſolved.

The ſmaller ſort of theſe fiſhes, that are about a foot in length are commonly boil'd; but they will alſo do very well baked, as directed above.

And the ſame ſauce may be us'd with the boil'd fiſh, or you may uſe muſhroom gravy inſtead of beef gravy.

JAUNDICE is choler diſpers'd over the whole body, and is a diſtemper that is threefold; the firſt which is properly call'd the jaundice is caus'd by a yellow colour, which is too much rais'd and over abundant in the maſs of blood, or when the choleduct (or of the choler) paſſages are ſtopt.

The *ſecond* is blackiſh and proceeds from the ſame yellow choler, mix'd with ſome acids.

The third inclines to a green colour and proceeds from a mixture of choler with ſome acids alſo, and this is what is generally incident to virgins.

In the jaundice the ſkin and whites of the eyes become of a yellow colour; and the perſon is affected with an itching in the body.

In that call'd the black jaundice the natural colour is quite loſt, by reaſon of the atrabiliary humour that ſpreads it ſelf all over the ſkin; at the firſt it only appears brown, but at length turns to a leaden and tawny colour.

The yellow jaundice proceeds from the liver, the black from the ſpleen, and the green from a mixture of both.

The yellow jaundice renders the ſkin and white of the eyes of a colour inclining to that of ſaffron; it affects the patient with a heavineſs and a ſort of numbneſs in all his limbs: it likewiſe ſtupifies and introduces a multitude of confus'd imaginations and affects the body with prickings and itchings in all its parts.

It is frequently occaſioned by a ſtoppage of the gall bladder, for when the choler cannot find a paſſage, it falls upon the veins, and intermixing it ſelf with the blood cauſes the general yellowneſs.

In the other two jaundices the countenance appears of a leaden and tawny hue; and the ſpirits are more ſunk; both of them proceeding from melancholy humours.

The urine and ſtools of the patient will be of a dark, tawny colour; he will be coſtive in his body, and feels a ſort of hardneſs on his left ſide.

If in the firſt the excrements be of a durkiſh white colour with thick and very yellow veins, and he feels a pain in his right ſide, it may be councluded that the jaundice proceeds from an obſtruction in the gall bladder.

As the cauſes of this diſtemper are different, ſo neceſſarily muſt the cure be.

As to that which proceeds from the gall bladder, it is proper for the patient, if of a robuſt conſtitution, to bleed at the beginning of it, or the very firſt day, and to take a vomit the next of two ounces of emetick wine of crocus metallorum (*i. e.* ſaffron of metals) four grains of emetick tartar or ſix grains of vitriol calcin'd, drinking ſome light broths, ſeaſoned with ſorrel, orange juice, or verjuice in the intervals, and afterwards, uſe the following priſan.

Boil a handful of the roots of ſmallage, ſorrel, polypody and wild ſuccory and as much harts-tongue and ſpleen wort in two quarts of river water, till it is conſumed to one quart, of which being ſtrain'd let him drink two glaſſes morning and evening: and two days after let him take a purge of an ounce of double catholicon, or an ounce and half of purified caſſia in two glaſſes of whey.

After this it will be proper for him to bathe and when he goes in let him drink ſome broth, in which a dram of cream of tartar or 10 grains of its ſalt, or half a dram of the ſalt of tamarinds has been diſſolv'd.

2. As for ſuch whoſe whole body is generally ſiez'd with blood and choler, and who are ſenſible of a heavineſs about the liver or ſpleen.

Let them have gliſters made of all ſorts of good herbs, with a quartern of hony and a dram of mineral chryſtal added to each and let him be let blood by intervals, and at ſome diſtance of time that he may not be weakened too much at once.

Put into his broths two or three ſpoonfuls of the juice of chervil, or ſorrel, ſavoury, purſlain, orange, capers, or allelula.

In his drink put dog's tooth, ſtrawberry roots, mouſe-ear or bears-ear.

Three or four days after, purge him with two ounces of tamarinds, boil'd in a ſufficient quantity of water for two doſes, in each of which diſſolve ſix drams of purified caſſia, with a dram of cream of tartar, and for 8 days following you may give him the following potion.

Take two ounces of the leaves of hore-hound, one ounce of lupines, half an ounce of the roots of bugloſs, two drams of the roots of elecampane, and the ſame quantity of agrimony.

Boil all theſe in three quarts of white wine, till one half is conſum'd, ſtrain the liquor, bottle it and give the patient two ounces of it every morning ſweetened with two drams of powdered ſugar.

But if the perſon has a fever, boil the aforeſaid ingredients in the ſame quantity of water.

If the jaundice proceeds from choler you may uſe the ſame remedies, as you do for melancholy.

But if the jaundice proceeds from poiſon or ſome accident of that nature or from ſome violent phyſick, take ſome broth into which put ſome borage or bugloſs, mixing therewith a little coral, bole-armoniack, bezoar or prepared pearl.

Take notice that if the jaundice be ſuffered to continue long, there is reaſon to fear it may cauſe a dropſey.

For the JAUNDICE.

Cut off the top of a Sevil orange, take out the middle core and ſeeds as well as you can, without the juice; fill the vacancy with ſaffron and lay the top on again; then roaſt it carefully without burning, and throw it into a pint of white wine: drink a quarter of a pint of this faſting for nine days: it exceedingly ſweetens and clears the blood.

Another.

Take a large lemon, roaſt it till it is ſoft; but take care that it be not broken: cut it and ſqueeze it (while it is very hot) upon a dram of turmerick ſlic'd or grated, and half a dram of ſaffron, upon all theſe pour a pint of good white wine; let them ſtand all night to infuſe and in the morning ſweeten this liquor to your palate with ſugar-candy and take a quarter of a pint of it faſting; or it may better be without the ſugar-candy, if your ſtomach will bear it as well.

Repeat this for four or five mornings or longer, if you find occaſion, and you will find it a perfect cure.

Another.

Another.

Powder two penny worth of ſaffron very fine, and double its weight of turmerick, grate a nutmeg, and as much egg-ſhell powdered as will lie on a half crown, mix all theſe together with an ounce and half of ſugar finely powdered and ſifted; then divide them into three parts and take one part in nine ſpoonfuls of white wine in a morning faſting and faſt two hours after it; repeat this for three mornings.

Another.

Take celandine and yarrow of each two handfuls; 40 earth worms, ſcour'd in aſhes; pound theſe all together in a ſtone mortar; put them into a quart of ale or white wine, ſtirring all well together; then ſtrain it and boil it gently and add to it four ſpoonfuls of the powder of hartshorn, and as much ſaffron dry'd and powdered as will lie upon an half crown.

Give the patient nine ſpoonfuls warm morning and evening for three days.

This is reeommended as a never failing remedy, perhaps half the quantities of all the ingredients may be enough.

ICEING *for* CAKE.

Whip the whites of half a ſcore eggs up to a froth, and to two pound of double-refin'd ſugar ſifted, add two grains of ambergreaſe and ſix ſpoonfuls of orange-flower-water, whip theſe togerher all the while the cakes are in baking, and when they come out ice them.

To ICE CREAM.

Fill tin iceing pots with any ſorts of cream you pleaſe, either plain or ſweetened, or you may fruit it; ſhut the pots very cloſe; you muſt allow three pound of ice to a pot, breaking the ice very ſmall; laying ſome great pieces at the bottom and top.

Lay ſome ſtraw in the bottom of a pail, then lay in the ice, putting in amongſt it a pound of bay ſalt; ſet in your pots of cream, and lay the ice and ſalt between every pot, ſo that they may not touch; but the ice muſt be lai'd round them on every ſide; and let a good quantity be laid on the top; cover the pail with ſtraw, ſet it in a cellar, where no

ſun or light comes, and it will be frozen in four hours time; but you may let it ſtand longer; and take it out juſt as you uſe it; if you hold it in your hand and it will ſlip out.

If you would freeze any ſort of fruit, as cherries, currants, raſpberries, ſtrawberries, &c. fill the tin-pots with the fruit; but as hollow as you can; put lemonade to them, made with ſpring-water, and lemon-juice ſweetened; put enough in the pots to make the fruit hang together and ſet them in ice as you do the cream.

To ICE LIQUORS.

For this purpoſe you muſt provide a kind of ciſtern in the form of a box, of a ſize convenient, but ſet out on the inſide with tin moulds into which the liquors are to be put: when thoſe moulds or other veſſels have been fixt in this order on this ciſtern and covered with their reſpective lids, the remaining void ſpaces are to be fill'd up with broken pieces of ice, as alſo with ſeveral handfuls of ſalt ſtrew'd up and down every where, and laid over the moulds by which means the liquors will effectually congeal.

There ſhould be a hole made about the middle of its height, to give paſſage to the water into which the height diſſolves by degrees; leſt it ſhould overflow the mould: and beſides you muſt alſo take care in time to break the ice that is firſt made on the ſurface, and to put ſalt again quite round the moulds to cauſe the reſt to freeze.

Laſtly when the liquors are ſerv'd up to the table, the china diſhes and other cups are to be filled with theſe little pieces of ice.

To preſerve GREEN JENNITINS.

Cut out the ſtalk and noſe of the jennetins, throw them into cold water, ſet them on a coal fire till they peel; then put them in the ſame water and cover them very cloſe; let the fire be very ſlack till they become green and tender; then for every pound of apples allow a pound and half of ſugar and half a pint of water; boil the ſyrup, put in the apples and boil them faſt, till they are very clear, and the ſyrup very thick almoſt as a candy; then put in half a pint or more of codlin jelly and the juice of a lemon, boil it till it jellies very well and put them in pots or glaſſes.

IMPOSTHUME is a ſwelling full of corrupt matter in ſome part or other of the body of human kind.

In order to make an impoſthume ſuppurate, apply to it the dung of goſlins that have been kept faſting for three days together, and then fed with pieces of eel freſh killed.

Or you may apply raw wheat that has been well chew'd; or a cataplaſm made of the leaves of mallows or marſh-mallows; bulbs of lilies and crumbs of white bread, all boil'd together and ſtrain'd, with the yolk of an egg and a little ſaffron added to it.

But if the impoſtume be very cold, you may add to the decoction of the cataplaſm the roots of elecampane, lilly, walwort and briony, camomile flowers, melilot, onion, and ſome leaven.

To bring that hard bump call'd a *Felon* to ſuppuration, take raw wheat that has been long chew'd or wheat flour, the yolk of an egg, hony and hogs-greaſe; heat together and make a plaiſter of it to be apply'd to the place; or you may uſe ſheep's dung ſteep'd in vinegar to mollify and diſſolve it.

There is alſo uſed for impoſthumes an ointment call'd *unguentum aureum* or the golden ointment, made as follows.

Take mutton ſuet, new wax, roſin, oil of olives, hony and turpentine, of each equal quantities; firſt melt the ſuet, then the wax in ſmall pieces, and then put in the hony, oil and turpentine and ſtrain the whole through a linen cloth, and keep continually ſtirring it till it is cold.

This ointment will draw cleanſe and bring on the fleſh.

For the ITCH.

Make an ointment with flour of brimſtone and freſh butter or oil of olive, and rub the body with it morning and evening.

2. Make a decoction of ground ivy, boiling it in water and waſh the body with it.

3. Take the yolk of an hard egg, and as much freſh butter as the yolk weighs, beat them together and apply them twice or thrice or oftener to the parts moſt affected with the itch, it will dry the ſcabs in ſuch a manner that they will fall off.

This medicine will do the ſame in the ſmall pox and hinder them from pitting. 4 Take the root of ſorrel or of the herb wild patience which is mark'd with red ſpots, or of the great

great coleworts, to be found in the field (the laſt of which is the beſt) pound one of theſe roots in a mortar with hog's greaſe in order to make an ointment of it, and rub the itching parts with it every evening going to bed. This may be us'd to children tho' never ſo young.

5. Take a pint of quick lime water and an ounce and half of brimſtone in powder, infuſe the brimſtone in the water for ſome time, and then boil the infuſion lightly and rub the itching parts with it.

But if the itch is malignant and ſharp inſtead, of the brimſtone you muſt put into the lime-water two or three drams of *Mercurius dulcis*.

7. Buy a penny-worth of itch powder, (ſome ſay at the Grocers; but more probably of the Apothecary) put about the bigneſs of a ſmall pea of it in the palm of your hand; moiſten this powder with a few drops of oil of olive, at night and rub both hands together, ſo much and ſo long till no more of the powder is to be ſeen, repeat this two or three times or till you have us'd all the powder, and all the itchy humour will come out and in a weeks time you will be quite rid of it, this is recommended as a certain remedy for any ſort of itch.

Thoſe that are troubled with the itch ought not to drink ſpirituous liquors, and to avoid eating of ſalt or ſpiced things; and ſhould bleed, purge and bathe if the ſeaſon will allow it.

If old people are troubled with the itch bleeding is neceſſary for them, and they ſhould afterwards purge with ſena and polypody, ſyrup of pale roſes or peach, then let them be bath'd and rubb'd with the roots of wild patience, ſmallage and leeks boil'd tender and beaten with an equal quantity of freſh butter or hogs lard; or elſe let them take inwardly for nine days together faſting, a dram of flour of brimſtone (tho' half a dram is enough for a child) in an egg or a roaſted apple, or gooſeberry jelly; or rub their legs and thighs with the flour of brimſtone mixd with hogs-greaſe or oil of olive.

For the ITCH, *Scabs*, &c.

Grind a quarter of an ounce of red precipitate on a marble ſtone, till it is as fine as flour of brimſtone, mix this with an ounce of flour of brimſtone, and work them up together with three ounces of butter without ſalt, as it comes from the churn; having mix'd them with the ointment.

This

This does not check but draws out the diſtemper, and will make a compleat cure in a week or 10 days; but you muſt keep the houſe for that time.

GROUND-IVY is very abſterſive and vulnerary, it is preſcrib'd in almoſt all diſeaſes of the lungs and breaſt; is alſo accounted good in the obſtructions of the viſcera. It is reckoned to do wonders in tubercles and tartarous hardneſſes of the lungs. And its powder is highly commended by Dr. *Willis* in obſtinate coughs, eſpecially thoſe of young children, and *Etmullerus* relates that he cured a maid of a ſcorbutick conſumption, with nothing elſe but a decoction of this herb, after ſhe had firſt taken a vomit.

JULY FLOWER *or* GILLIFLOWER-WINE

To five gallons of water allow 12 pounds of ſugar, boil it on a gentle fire till about two quarts is conſumed, ſcumming it as it riſes, then having ready prepared two pecks of clove gilliflowers, the red flower leaves only, pour the liquor ſcalding hot upon them, and cover them cloſe till the next day, and then preſs them with a ſcrew preſs, and having toaſted a piece of bread hard without ſcorching, ſpread ſome ale yeaſt on it while warm, and put it into the liquor into an open tub, till it begins to work or ferment; the next day after add a quart of ſack and a pint of *Rheniſh* wine, and put it up in a barrel for three weeks or a month; then bottle up and keep it in a cool place.

JUNIPER.

Many vertues are aſcrib'd to juniper berries, as that they are good for ſtrengthening the brain, refreſhing the ſight, eaſing the breaſt and preſerving it from pain; expelling wind out of the belly and greatly comforting the ſtomach, and promoting a good digeſtion; they are good againſt the gravel and ſtone and provoke urine; they are alſo good againſt the gripes; they remove all inward languiſhments of the body and make perſons cheerful.

It is alſo good in the gout proceeding from a cold cauſe; it expels poiſon by urine it forwards the *menſes*, is a preſervative againſt all illneſs and pains.

Some ſteep them in white wine or claret and brandy in equal quantities for 24 hours till they ſwell up, and then dry them in a white linen cloth in the ſhade of ſome room,

put

put them in a box and keep them for two years, and when they have a mind to uſe them they take from ſix to ten grains twice a week, morning an evening.

JUNIPER WATER

Take proof ſpirits ſix quarts, water three quarts the beſt juniper berries ſix ounces; diſtil and ſweeten with half a pound of ſugar.

K

KERNEL *Water.*

Take a pound of the kernels of apricocks, pound them well reducing them as near to a powder as you can; but take care that they do not run to oil; take alſo the ſame quantity of the kernels of cherries, pound them in like manner, mix them well together and put them into an earthen veſſel that will hold three gallons, then put in eight quarts of good brandy and four quarts of water, adding five pounds of powder ſugar, and for every quart put in four cloves, four corns of white pepper and cinnamon in powder, as you think fit; let theſe infuſe for the ſpace of 48 hours; ſtrain the whole through a bag till it comes as clear as rock water, and put it up for uſe.

KIBES is a ſoreneſs and rawneſs of the heels, and is moſt incident to country people.

For the cure take the leaves of nettlewort and alſo the roots, ſtamp them very well, and to a handful of theſe put a quarter of a pound of linſeed oil and half an ounce of alum in fine powder, mix them well together over a gentle fire, and firſt of all waſh the kibes in water and ſalt, and dry them and then bind on the preſcribed medicine as a plaſter or poultice.

The ſame medicine is alſo good for chilblains and corns, when newly cut.

But to heal broken kibes take the legs of a ram, dry'd and pounded to powder, mix'd with oil of earth-worms and linſeed oil; apply this three or four times, and it will effect a cure.

A KID *Barbitued.*

Take your kid, cut off the head and cut it in quarters as you do lamb, then raiſe the fore-quarters, and take the blade bones out and make a good farce-meat, and fill up the vacancies, then lard the tops with groſs lard, then take out the fleſh of the legs, leaving the ſkin whole, and ſtuff it with drie ſweet herbs, force-meat balls, lumps of marrow and piſtachoes, then cover it over with a caul, and roaſt all the fore-quarters, then take the head and cleave it whole as it is, take out the brains, and clean it well, fill it with force-meat and tie it up cloſe, and boil it in a cloth, or bake it; then lay the head in the middle, and the four quarters round, ſauce it with cullis of veal, gravey, ſhallots and champaine and a little ſaffron juice ſqueez'd in; garniſh with water-creſſes.

KIDNIES.

For an inflammation in the kidnies. The patient ought in the firſt place to fix an exact regimen, *viz.* abſtain from wine, not eat any ſalt meats or high ſpices, or any food of hard digeſtion; or legumes, raw fruits, ſallets or old cheeſe.

The patient ought ſometimes to take gliſters, made of linſeed oil, marſhmallows, fenugreek, and cammomile; and this application ought to be repeated as long as his ſtrength will allow it: he muſt alſo be without fail bled in the foot, and if his pain be violent, it will be proper for him to bathe.

Or you may dip a linnen cloath in a decoction of plantane gourd, lettice, nightſhade and althea. and apply it to his reins: Give him alſo gentle purges of mundified caſſia or manna; and let his common drink be a ptiſan of whey or barly and marſhmallows.

In this diſtemper, great care muſt be taken that the patient do not take any thing that is too ſtrong a diuretick, for fear of inflaming it the more.

When the corruption has been brought away from the reins, let the patient drink milk and honey for two ot three weeks to compleat the cleanſing of them.

An ulcer in the kidnies frequently happens when the abſceſs has not been well dreſs'd, or proceeds a very ſharp matter proceeding from them or a humour in the leg, or liver very much heated.

An ulcer in the kidnies, may alſo be cauſed by ſome wound, contuſion, food that is exceſſively hot, and piquant or other cauſes.

The

The way of diſcovering, if there is an ulcer of the kidnies or not, is to obſerve if there be a pain in the *ribs*, accompanied with a heavineſs, and toward the bladder, and the thickneſs of the urine, full of ſmall things, which look like hairs which runs without any ſtop.

If the kidnies be ulcerated the cure of that ought to be firſt attempted, and as ſoon as may be, or elſe it is likely to be incurable eſpecially in aged perſons.

As for the cure of ulcers in the reins; the firſt thing to be done is to allay the pain by very gentle remedies; in the ſecond place, they are to be cleanſed; and in the laſt place, they are to be healed or cicatriz'd.

You may allay the pain by adminiſtring purges of double *Catholicon*, with the compound ſyrup of ſuccory, or ſyrup of roſes; or you may likewiſe do it by vomit.

You may cleanſe the ulcers with barley water with the juice of wild ſuccory, the roots of mallows, marſhmallows and linſeed or of quinces, adding four ounces of white honey being added to a quart of this decoction; or elſe it may be done by a decoction of marſh mallows, mixt with an ounce of the oil of ſweet almonds, ten grains of ſaffron, and eight grains of juſquiam in powder.

Give the patient this potion twice a week in the morning faſting, or elſe let him uſe the following drink at meals, mix a quart of wine with two ounces of honey, and two quarts of plantane water, of which let him drink whenever he has occaſion.

The ulcer may be cicatriz'd by taking twice a week three drops of the oil of myrrh, 20 grains of aloes and 3 grains of ſaffron in powder, in an ounce of the oil of ſweet almonds. The uſe of aſſes milk will alſo be very good; but the patient muſt not eat food either ſalt or ſpiced.

To purge the reins, let the patient drink in white wine, the ſmall cups and tops of the plant called louſe-burr (and in *Latin Xanthiaum)* reduc'd to powder. This will purge the reins of gravel; but it will operate ſooner, if the powder be took in brandy.

A Salve for the KING's EVIL.

Pound a quarter of a pound of red lead, and as much white lead, reducing it to a very fine powder, mix it in a pint of ſallad oil, add good maſtich and frankincenſe of each an ounce; of bees wax an ounce, ſliced thinly, *Burgundy* pitch two ounces; let all the ingredients be pounded,

then firſt boil the leads in the oil over a gentle fire for a little while, ſtirring it continually while you are putting in the wax; let theſe boil for half an hour, being conſtantly ſtirr'd, then take it off the fire and ſtir it while the heat is abated, and then add the maſtick; and ſet it not on the fire till it has done working: then give it a gentle boil and put in the frankincenſe; ſtirring it while it is off the fire as you did before; then ſet it on the fire again and put in the *Burgundy* pitch, carefully; then boil all together till it looks like pitch, then take it off the fire, keep ſtirring till it is cold, leave the ſtick in the middle off it, and the next day ſet it on the fire to melt the edges, then take it out and keep it in an oil'd paper for uſe.

Spread a plaiſter with this as big as the ſwelling and lay it on. If it gather to a head and break, waſh the wound with warm vinegar, roll ſome lint in the ſalve being warm'd and mixt with an equal quantity of hony, ſpread alſo a plaſter of the ſalve, lay the lint into the wound and the plaiſter upon that, after the corruption is out, and it will heal it.

This is an excellent ſalve and may be us'd for any ſwelling.

A drink for the Same.

Take of white archangel, two handfuls, of foreign ſweet fennel-ſeed bruis'd one ounce; liquorice one ounce, boil all theſe together in two wine quarts of ſpring-water; till half of it be waſted, keeping it cloſe covered; ſtrain off the liquor and add two ounces of damaſk roſes. Give the patient a quarter of a pint of this liquor for five ſeven or nine days together, ſpring and fall, as he finds agree with him, three times a day; in a morning faſting, at four in the afternoon, and at going to bed.

The KNEES are liable to ſeveral diſorders, either from the intemperature of the liver, ſpleen or other parts of the Body, or ſometimes from humours that diſtil from the brain, which cauſe weakneſs and great laſſitudes in them in the nature of a rheumatiſm.

Sometimes they are affected with a too great heat and at other times with ſo extreme a cold, that it is difficult to get heat into them.

Fat and purſy people are moſt liable to be affected with the laſt malady, and thoſe that ſit in moiſt rooms and live in marſhy places, *&c.*

And

And if theſe humours diſperſe themſelves into the legs, it will cauſe tumours and ſwellings in them.

As for the cure of theſe infirmities firſt for theſe that proceed from heat, let the party bleed two or three times, and purge with whey and caſſia, or with double catholicon, diſſolved in a decoction of agrimony and wild ſuccory, or elſe mineral water or a half bath in which boil camomile, mallows, marſh-mallow, melilot, pellitory and violets.

Thes patient ought not to eat either too ſalt or ſpiced meats, nor chibbol, garlick, onions or leeks, and let them apply the following cataplaſm; and they will find relief.

Take three ounces of barley meal, and an ounce of goats dung; but if that cannot eaſily be had ſheep's dung, a pound of hony and five or ſix ſpoonfuls of vinegar; mix all together and apply it to the parts affected.

Another for the Same.

Take bean flour, fine bran, and camomile flowers reduc'd to powder of each one ounce, goat's dung two ounces; boil theſe in as much new wine, hydromel or oxycrate, which you have readieſt at hand, till it begins to thicken like pap and then add to it three ounces of oil of camomile or oil of anet.

As for the coldneſs of the knees the patient ought in the firſt place to purge with manna, agarick, cocia or infuſion of ſena, rhubarb and ſyrup of roſes, and apply a cataplaſm made of old cheeſe, beaten with as much hogs-greaſe ſalted.

Or elſe let his knees be wrapped in oil cloth, after the manner of buſkins, and proceed thus.

Take cloves, nutmeg and iris of each half an ounce; aloes, betony, myrrh and ſage, of each an ounce; reduce them to powder together, and then melt as much white wax with nut oil as you have a mind to, and mixing them and the powder together, dip the linen into it quite hot.

L

LADIES GLOVES.

THE vertues of this plant are to warm and dry; but it is alſo an opener; the decoction of the roots in water are good againſt convulſions; for ſhortneſs of breath and alſo for inveterate coughs, ſtoppage of urine, ruptures, and for the bringing down of the *menſes*.

Being reduc'd into powder, it is of a good ſcent, and is proper to be put among clothes to impart a good ſcent to them.

A cataplaſm of its leaves are good againſt the head ache and inflammation in the eyes.

LAMBS.

It is not thirty years ſince lamb was a rarity at Chriſtmaſs; but now farmers have gotten the knack of bringing ſheep to bliſſom 10 months in the year.

The method at firſt taken for doing this depended chiefly upon aſſorting the ſheep in different paſtures and in the richeſt or what produced the moſt nouriſhing food; becauſe they will bring the ſheep to bliſſom ſooner than others; ſo that of conſequence they muſt breed lambs according to the times of their coming to rut.

It is only neceſſary to obſerve what paſtures afford the richeſt feeding at the different ſeaſons of the year, or to give the ſheep ſuch provender a little before the time that you would have them bliſſom, as may bring lambs at the times you would have them.

And for this purpoſe it is neceſſary to have lands of different kinds, ſome of a richer feeding than others; but chiefly ſuch lands as are high, ſhort in graſs, ſhould be in plenty for common food; where the ewes generally ſhould run; but the rams muſt never run with them.

They ſhould only be put to the ewes that are fed a-part in different paſtures for different ſeaſons of breeding, and by this method the rams will always be in good heart and by being put to them in the ſame paſtures will more naturally engage the ewe to bliſſom.

There are indeed two months in a year, which are either too dry or too wet to encourage either ewes or rams to go to rut, the dry month is that when the graſs upon the high lands is burnt up; ſo that the ſheep have not a bite of graſs or ſufficient for their ſubſiſtence; at this time they muſt be put into ſuch paſtures as will afford them ſufficient nouriſhment.

Some people eſteem knot-graſs, the blades of onions, and leaves of turneps good; when they are to be had, but if a month happens to be wetter than ordinary, then oats, and good dry ſhort hay are proper for them; and if they are in danger of the rots by great wets, they adviſe to rub their teeth before hand with a little bay ſalt and water; but if their gums and teeth are in good order, do not make uſe of ſalt and water; but let them have plenty of food and keep their fleeces dry.

Feed the ewes and rams together, giving them oats in troughs upon or near the ground, and layd in a dry place on the ground, for if they were to feed out of a rack, holding up ther heads, it would be an unnatural way to them; and then they muſt always have water by them.

If during the time they are thus fed, there happen to be a fair hour or two in a day, then you may ſuffer them to graze upon the ſhorteſt graſs and in beſt expoſed grounds, and ſhelter them at night in a warm ſheep-coat or under ſome very good ſhelter.

And in dangerous wet ſeaſons, when they are in this dry way of feeding, put about an ounce of bay ſalt into three gallons of water, and it will be very helpful to them, as the ſalt maſhes are to cattle.

Where ſheep are to be put together purely upon the account of forcing them to couple; you ought to ſelect the elder ewes and the rams of three or four years old, becauſe the elder ewes come more eaſily to bliſſom than thoſe that are very young, and the rams of this age that are acquainted with the rut, rather chuſe the old ewes than the young ones, becauſe they require the leſs wooing, as ſome farmers have obſerv'd.

If a perſon has good winter paſture for ſheep, and that ſprings early in the year, he may let his ewes and rams run together through the whole year, to rut it about when they will; but if the paſture be only graſs in common, then the beſt time to put the rams to the ewes, is when deer generally go to the rut, that is about *July*.

But if he have only a run of ſheep upon a common field among arable lands, then *Michaelmas* is time enough.

But in mountainous and rocky countries, that have no paſtures or common fields, but only heathy grounds, it will be time enough to bring the rams and ewes together at the latter end of *October*, about *Simon* and *Judes-day* and that for the following reaſon.

The ewes go with young 20 weeks or yean in the 20th. week; and a ewe after yeaning ought to have the benefit of freſh ſpringing graſs that ſhe may have plenty of milk for the nouriſhment of the lambs, for want of which many lambs are loſt: and for want of ſufficient food ewes will ſometimes forſake their lambs.

Of ſuckling LAMBS *in the Houſe.*

In the bringing up lambs in the houſe, they ought to have warm places divided into ſtalls, that the lambs may be ſuckled with the more eaſe and conveniency, nor ſhould too many be put into the houſe at the ſame time; becauſe if ſo, they will be apt to become *ſett* or *Tot-bellied* (*i. e.* clinged up.)

If many lambs are to be ſuckled, they muſt be mark'd that you may know which has ſuck'd longeſt, and the *Baſtard Ewes* (*i. e.* ſuch as ſuckle the lambs of other ewes) and thoſe muſt continue *to ſuck at head* (*i. e.* when a lamb ſucks the firſt of the milk.)

Care muſt alſo be taken that what milk the younger lambs leave (if any) be ſuck'd by the older lambs.

If you have any daſtard ewes, ſuckle your oldeſt lambs on them, beginning about 7 in the morning for the firſt meal, and at four in the afternoon for the ſecond.

But if the baſtard ewes have milk enough to ſuckle all your lambs at theſe meals, then put the lambs in only at noon and between nine or 10 a clock at night.

Clip the wool carefully off the tails and udders, that they may be kept clean from dirt, which they are apt to gather in the houſe.

If you have any twin lambs or dams that give little milk, let them be aſſiſted by the baſtard ewes.

When thoſe lambs that ſuck at head on the baſtard ewes have had their meal; let the others that you deſign next at head clean thoſe ewes of their milk.

The beſt food for lambs is flour, wheat or white peaſe in troughs; and wheat ſtraw or ſometimes fine hay in low racks, but ſtraw will render the fleſh of a better colour.

Lambs require great care to be taken of them at the time of their young, for that not only the ewes do ſometimes ſtand in need of help; but beſides if either ravens or carrion crows do happen to fly over a pregnant ewe, when ſhe is young; they will preſently ſieze on the lambs, and even before they are quite fallen, and pick out their eyes.

Violent thunders are apt to make ewes caſt their lambs, if any of them happen to be ſingly abroad, as ſoon as a lamb has fallen it is proper to examine it, whether it be ſtrong as it ought to be, for if it be not, it ought to be hous'd with the dam.

Some adviſe that upon the firſt falling of a lamb, to raiſe it upon its legs and to put it to the dam's udder, and if it will not then ſuck to milk it into its mouth: but this is found by experience to be very ſeldom neceſſary, unleſs not only the lamb be very weak indeed and the ewe too, and then they will both equally help; the ewe is firſt to be cheriſh'd with good, wholſome and neceſſary food, and that will enable her to give milk to the lamb; but if a ewe proves to be paſt help, then the lamb muſt be put to ſuch another ewe; which if it refuſes to do; daub his legs with hogs lard beaten up with a little milk or with freſh butter the laſt of which is the beſt: but firſt try it by milking into his mouth from that ewe you deſign ſhall ſuckle him.

The time of Gelding LAMBS *for Weathers.*

The males that are gelt will be larger than thoſe that are not, and will endure more wet without rotting; than the other ſheep of either ſex, when the operation is over give them ſome chop'd hay mix'd with bran.

Ewes are more ſubject to the rot than rams, unleſs it be when they ſuckle lambs.

It is accounted to beſt time to geld lambs for weathers while they are under the dam, but not till they have gotton a little ſtrength, and that ſoon after they are yeaned; for the wound will heal ſooner while they are youug than when they are grown more gameſome.

As to the Weaning of LAMBS.

If they are weaned too ſoon they will be weak and pine for the loſs of their dams, but then the dams will have a better fleece.

When a lamb is to be kept for breed in a good common paſture, it may be wean'd at about 16 weeks old to make it ſtrong, and the ewe will have ſtrength and go to bliſſom quickly; and when ſheep are upon a paſture in mountainous rocky countries, they generally wean the lambs at about 12 weeks old, and milk them for five or ſix weeks; but theſe lambs are never ſo ſtrong as thoſe that are ſuckled the full time that the ewes will ſuffer them.

Male LAMBS are call'd the firſt year weather hogs and the females ewe-hogs; the ſecond they are call'd weathers, and the females theaves, when they are fit for ram eſpecially from three years upwards, till their mouths break, and if they go on another year; the females are call'd double theaves.

Some reckon the beſt time for ewes to lamb, to be about the latter end of *April*, if paſture ſheep, and ſo till the beginning of *June*; but if field ſheep from the beginning of *January* till the end of *March*.

Some careful perſons aſſiſt their ewes in *Lambing*, lifting them up upon their legs, immediately after they are brought forth, and firſt milk the ewes before they accuſtom the lambs to ſuck; accounting the firſt milk by no means good for the lambs; and theſe perſons look upon ſuch as neglect this to be no good managers of ſheep; they likewiſe put the ewe and lamb together for two days, in order to keep them warm, and feed them for about four days with good hay and bran, and blanch their water with a little millet flour, allowing them good litter but this and other cares about them cannot be attended where there are numerous flocks of ſheep.

About *Michaelmaſs* the lambs may be ſeparated, *male*, and female, ſetting aſide thoſe deſign'd for rams, and gelding the reſt: but as for ſuch perſons who have different paſtures they may wean them at 16 or 18 weeks old, and ſo the ewe will take the ram again the better; but if the ewes be milk'd and the lambs wean'd before they are 12 weeks old, ſuch lambs will never be ſo good as the other.

Some direct for the fattening of lambs, ſo as to yield double the price, to boil peaſe in milk, and having kept the lamb faſting a little; while the dam is in the field, to give the lamb ſome of it, and when he has chew'd and ſwallow'd them to put the end of his jaw into the milk and peaſe in an earthen pot or large wooden platter, and by this means

he will be induc'd to feed on them himſelf; but theſe are to be taken away when the ewes are hous'd or folded.

Some adviſe in order to have lambs early in order to fetch a good price, in order to make the ewe and ram couple to feed them every day with bread, half a pound of oats and hemp-ſeed.

As for the diſeaſes of LAMBS.

If a lamb is ſick, give him mare or goat's-milk with water and keep him warm: If weak and like to dye, when newly lamb'd, it is uſual to open his mouth and blow into it, which has recovered many, in a little time after, and they have done well.

When you perceive lambs to be ſick, ſeparate them from their dams, and when they are ſiez'd with a fever, give them ſome of their dams milk mixt with the ſame quantity of rain water.

If lambs are troubled with the *Itch* or ſort of *Mange*, which is caus'd by their eating graſs, before the dew is quite off; the diſtemper ſiezing on their chins; then bruiſe ſome ſalt with an equal quantity of hyſſop and with that rub their mouth, palate and tongue, then waſh the part affected with vinegar, and rub it with lard and roſin melted together, and it will cure.

To force a LEG *of* LAMB.

Slit a leg of lamb down on the wrong-ſide, and take out as much of the meat as you can, without cutting or cracking the outward ſkin; pound it well in a tray with its weight of good freſh ſuet; add to it a dozen of large oiſters, a couple of anchovies, both neatly waſh'd, and the anchovies bon'd; ſeaſon with ſalt, pepper, mace and nutmeg, a little thyme and parſly ſhred fine; beat all very fine together and mix it up with the yolks of three eggs, fill the ſkin again with this ſtuffing and ſew it up tight.

The remainder of the ſtuffing is to be fry'd for garniſh, to the lamb, which is to be fricaſſy'd as chickens are done; theſe are to be laid under the leg of lamb.

The leg of lamb is to be tied on the ſpit; becauſe a hole would ſpoil the meat; but you may eaſily faſten the back to the ſpit with packthread.

In the fricaſſy of this lamb add a little oiſter liquor and fry'd oiſters.

A Ragoe of LAMB.

Cut it into four quarters and lard it with ſlips of bacon of a middling ſize, give it ſomething of a colour, and boil it in an earten veſſel with broth, ſalt, pepper, cloves, a bunch of ſweet herbs and muſhrooms; when it is ready; make a ſauce for it of oiſters fry'd with a little flour, a couple of anchovies and lemon juice; garniſh it with fry'd muſhrooms and ſerve it up to the table.

To fry a Breaſt of LAMB.

Firſt cut it into large pieces, and put them into verjuice vinegar, ſalt, pepper and cloves, with chibbols or a bay leaf, and let them lie for four hours, then dip them into a clear paſte made with flour, white wine and the yolks of eggs, and fry them with butter or lard.

To dreſs a LAMPREY.

Cleanſe the fiſh from ſlime well with hot water, ſaving their blood; then cut them in pieces and ſtew them in an earthen pipkin with white wine ſeaſoned, ſalt, pepper, nutmeg, burnt butter, a bunch of ſweet-herbs and bay leaf; then put to them their blood which you ſaved with a little fry'd flour and capers, and garniſh them with ſlices of lemons.

To dreſs LAMPREY *with ſweet Sauce.*

Having as before clear'd them from the ſlime, ſtew them in red wine with ſalt, pepper, ſugar, cinnamon, burnt butter; adding ſome lemon juice and a piece of green lemon when you ſerve them up to a table.

To make a LAMPREY *Pye.*

The lampreys having been firſt well cleanſed from their ſlime and reſerv'd their blood, put it into a pye of fine paſte, ſeaſoned with ſalt, pepper, beaten cinnamon, ſugar, currants, dates and candy'd lemon peel; and bake it in a moderately heated oven, and when it is half bak'd, put in the blood and a glaſs of white wine; and before you ſerve it up put in ſome lemon juice.

LAMPREY *Pottage.*

Having cleanſed them as before directed; cut them in pieces and fry them, with a ſeaſoning of ſalt and pepper, and fine herbs chopp'd ſmall in burnt butter; adding alſo muſhrooms, peaſe ſoop ſtrained, and a piece of a green lemon. Then dreſs them upon ſoak'd cruſts, and ſprinkle with juice of lemons when your are juſt going to ſerve them up to table.

To Pot a LAMPREY.

Seaſon the lamprey with ſalt, pepper, and nutmeg; add a large onion ſtuck with cloves, and three or four ſpoonfuls of claret; put it in a pot, cover it with butter, and bake it; when bak'd take it out, and ſtrain the liquor from it; pour off the clear butter, and putting it into a fit pan to keep it, add to it more, as much as will cover the fiſh: Then bring it to the table.

Take notiee that all butter that is poured over potted things muſt be clarified.

LARDING, is done with ſlips of bacon which muſt be cut ſmall and of a convenient length according to the meat or fowl that you would lard, in order for roaſting; than having blanch'd it at the fire, pierce the ſkin with a ſmall larding pin, and then ſtick in the thick ends of the ſlips of bacon, take out the pin, and the ſlips will ſtick in; take care not to lard one ſide farther than the other; ſetting them in ſtrait rows and at equal diſtances.

LARKS *to roaſt.*

Pick the larks; but do not gut them, truſs the legs with a leaf of red ſage to every lark between the joints of the legs: then having the yolks of eggs beaten, with a feather dipp'd in them ſmear over the body of each lark, and cover it well with crumbs of bread; and having ready thin ſlices of bacon about three inches long, and an inch broad, lay the larks in a row ſide to ſide, with a piece of this bacon between every two larks. Then paſs little ſpits about twelve inches long through the ſides of the larks and the bacon, ſo that you will have half a dozen larks upon each ſpit, putting a piece of bacon on the outſides of the

larks

larks of every ſpit; while theſe are roaſting baſte them well; and ſerve them with the following ſauce.

Fry grated bread criſp in butter, and having ſet them before the fire to drain and harden; ſerve theſe under the larks, and garniſh with ſlices of lemon.

Some have ſilver ſpits, and ſerve them up to table upon the ſpit, by which means they keep hot the longer. They may be eaten with the juice of lemon with the fry'd crumbs of bread; but ſome likwiſe eat them with the gravy ſauce directed for a roaſted turkey. *Which See.*

Though the guts are left in the larks yet they are not to be eaten.

Another way.

Pluck them, ſkin their heads, but do not draw them; lard them, ſkewer them, tie them on a great ſpit and roaſt them, and then ſtrew them with crums of bread reduc'd to a powder, and a little ſalt; lay a toaſt under them, and make a woodcock ſauce for them.

To put LARKS *into a Ragoe*

Draw the larks, fry them in lard with a little flour and afterwards ſtew them in an earthen pan in broth with white wine, dates cut into pieces candy'd lemon peel; ſalt, pepper, cinnamon, piſtachoes and prunelloes; adding lemon juice when they are ready to be ſerv'd up to table. You may garniſh with the ſame things, and ſerve it up with ſweet ſauce.

LAVENDER, The ſame vertues are by ſome aſcrib'd to lavender as to ſpikenard; and the uſe of it is more agreeable, if it be put among cloths and linnen, it will give them a good ſcent, and preſerve them from moths.

A water diſtill'd from lavender flowers, is odoriferous, and is good againſt the falling ſickneſs in the temples and forehead, as well as againſt apoplexies and the lethargy: It is a ſovereign remedy for oppreſs'd nerves, laſſitudes and other indiſpoſitions that proceed from cold cauſes; and for this reaſon it is uſed in making baths, and fomentations for apoplexies, convulſions, palſies, and the like diſtempers. a couple of ſpoonfuls of the water diſtilled from its flowers will remove faintings and diſorders of the heart.

Its flowers with cinnamon, cloves and nutmegs, will cure the panting of the heart.

An oil extracted from lavender, dries up catarrhs, by rubbing the nape of the neck with it. It is an excellent medicine. A conserve of them will have the same effect for convulsions, and the numbness of the nerves.

LAUREL, The *Cherry Laurel* or common *Great Laurel.* The leaves and berries of this laurel are of an incisive and dissolving nature, they expel wind, provoke urine, strengthen the nerves and brain, and forward the *menses,*

The *Alexandrian* LAUREL is of a hot quality, being drunk in any liquid it provokes urine, and promotes the *menses* in women, and is very helpful to women in labour, six drams of the root being drank in some sweet wine.

It is also very helpful to those that make water drop by drop; but will occasion the pissing of blood.

The leaves being bruised and applied to any part, that has been stung with bees, cures; and if they be taken in drink will provoke to vomit.

The seeds are hotter than the leaves, and being pounded and mixt with honey, or a thick confection of grapes are good against cold catarrhs and asthmas.

The juice of the seeds mixt with an equal quantity of old wine, and oil of roses, cures pains in the ears.

There is an oil made of them which has all the same vertues, and besides it is softning, dissolving and opening; and therefore is good against all cold defluxions of the joints, stomach and back bone, for the palsey, trembling, liver, spleen, reins, and womb.

If it be used in a clyster it is a good remedy against the wind cholick.

LEMON CAKES.

Pound and sift two pound of double refin'd sugar very fine, wet it with lemon juice, and boil it almost to a candy height, then drop it on plates; and set them in a warm place till the drops will slip off the plates.

You may if you like it shred some of the peel very fine, and boil up with one half; but then you must add fresh juice to that, or it will be too thick to drop neatly.

LEMON CREAM.

Pare ſix ſmooth lemons, ſqueeze them; cut the peel in ſmall pieces, and put it to the juice, letting it lie for two or three hours cloſe covered; and when it taſtes of the peel, add to it the whites of eight eggs, and the yolks of four; beat theſe well with four ſpoonfuls of orange-flower-water; then put all to a quart of fair water; ſtrain it and ſweeten it with double refin'd loaf ſugar; ſet it over a gentle fire, and ſtir it carefully, till it is as thick as cream; put it into jelly glaſſes.

LEMON JELLY.

Raſp the rinds of half a dozen lemons, into a quart and a quarter of a pint of ſpring water, let them lie for an hour: In the mean time beat the whites of 8 eggs well, and three quarters of a pound of ſugar and the juice of ſix lemons; when the ſugar is melted, ſtrain it through a thin ſieve or ſtrainer; then tye a little turmerick up in a muſlin rag, and firſt lay it in a ſpoonful of water till it is wet, then ſqueeze out a little into the jelly to give it the colour of a lemon; but make it not too yellow.

Set it over the fire, ſcum it well, and when you find it jelly put it into glaſſes; it will not be amiſs if it be allowed to have a boil.

LEMON *or* CHOCOLATE PUFFS.

Beat and ſift very fine, a pound of double refin'd ſugar, into which grate the rinds of two large lemons; then having whipt up the white of a couple of eggs to a froth and wetted it with the froth, till it is of the ſtiffneſs of good working paſte; lay it upon papers, and bake it in a very ſlack oven; lay ſome round and ſome long.

If you do it with chocolate, grate in two ounces as you did the peel.

LEMON WINE

Take three gallons of water, and ſix pound of ſugar, (and if you would have it ſtronger and fit for long keeping) beat up the whites of two eggs and mix all together; boil theſe for an hour, keeping ſkimming it conſtantly as it riſes, then take it from the fire and ſet it by till it is luk-

lukewarm; then put it into an open headed caſk, with the juice of 23 lemons paſs'd through a ſieve, and all the rinds pared very thin. Put to it new ale yeaſt to ſet it a working, which let it do for 24 hours or longer (if you pleaſe two or three days) then having taken off the yeaſt, put it up into a caſk, and when it has done working, ſtop it up well, and let it ſtand for two months, then bottle it, and in a month it will be fit for drinking.

This wine made with this quantity of liquor, it will keep a year or more.

LEMON WATER

Take half a dozen large lemons, pare them very thin, infuſe the peels in three quarts of brandy for ſix or ſeven days.

Boil two quarts of ſpring water, with a pound of double refined ſugar to a thin ſyrup, ſcumming it clear, then add a little cinnamon, with five or ſix cloves, two large blades of mace, and a little nutmeg; boil theſe a little longer till they have given it a fine flavour; then ſet it by to cool, and if you pleaſe paſs it through a jelly bag while hot, mix both theſe liquors together when the former is quite cold, and bottle the mixture.

This is a pleaſan cordial, and may be uſed in all caſes where a cordial dram is required.

Orange water may be prepared after the ſame manner.

LEMON *or* ORANGE *Water.*

Take proof ſpirits ſix quarts, water three quarts, lemon or orange peel half a pound, diſtil and ſweeten with three quarters of a pound of fine ſugar.

To make LEMON WAFERS.

Put fine ſifted ſugar into ſpoons, colouring each ſpoon with a ſeveral colour; wet it with the juice of a lemon; this is to paint the waters, cut little ſquare papers of very thick but very fine paper; then having wetted a ſpoonful of ſugar with the juice of lemon, ſo that it is pretty ſtiff, hold the ſpoon over the fire till it grows thin, and is juſt ſcalding hot, then put a tea ſpoonful on the paper, ſpreading

ſpreading it equally all over the paper very thin; then having ſcalded the colours, paint them of what colour you have a mind to.

When you perceive it to grow dry, pin it at the two corners, and when they are cold, and you have made as many as you deſign, put them in a box, and ſet them a day or two by the fire; then having wetted the papers with your finger dipt in water on the outſide; let them lie a little, and the papers will come off.

You may make the colours as follows: The red with carmine, the blue with ſmalts, the green with powder called green earth, and the yellow with ſaffron ſteeped in lemon juice.

LETHARGY. It may be known, when a perſon is threatened with this diſtemper, by his head beginning to tremble, he grows ſluggiſh, perceives a ſtupor upon himſelf and is incline'd to ſleep, *&c.*

When a perſon perceives theſe ſymptoms he ſhould preſently ſet about the uſing a moderately dry and hot regimen, bleed twice or thrice, and purge.

For the cure, take ſix grains of *Crocus Metallorum*, a dram of cinnamon, ten grains of cloves, in four ounces of white wine; let theſe infuſe all night, with half an ounce of ſugar; filtrate it, and let the patient take it in the morning faſting for two mornings; and let him alſo take the following ſneezing powder.

Take bettony, laurel, ſage, tobacco, orange and lemon peel, of each equal quanties, reduce all into a fine powder, and let it be taken morning and evening.

Other Remedies are.

Spirit of tobacco, the doſe is from two drams to ſix.

The oil of *Guajacum* rectified, the doſe is from two drops to ſix.

Syrup and emetick wine, the doſe from half an ounce to two or three a ounces.

The volatile ſpirit of ſal armoniack, the doſe from ſix drops to twenty.

Extract of Balm gentle, and carduus benedictus, the doſe from a ſcruple to a dram.

The volatile ſpirits of vipers, hartſhorn, ivory, urine, *&c.* the doſe from ſix grains to ſixteen.

Alſo all medicines good againſt au apoplexy, are alſo good for a lethargy, and are uſeful in an epilepſy and palſey.

LETTICES are good for the ſtomach, are nouriſhing, and compoſing to ſleep; they open the body; but an immoderate uſe of them is prejudicial to the eye-ſight and damp the natural heat, ſo as to render incapable for copulation; they ſhould therefore be eaten rather boil'd than raw, and alſo mixed with taragon, rocket, onions, garlick, &c. and it is proper to drink good white wine after them; but if they be waſhed, one of their beſt qualities is taken away.

They ſhould not be eaten by phlegmatick people, or that either ſpit blood, or have a diſpoſition to it; however they cool the heart, ſoften the belly, and breed good blood; the juice of them mixt with oil of roſes allays the headach, and will compoſe people in fevers, their forehead and temples being rubb'd with them.

They are uſed in gargles mix'd with pomgranate juice, for impoſthumations in the throat.

The ſeed being ſteep'd in water, in which red hot ſteel has been quench'd, with a very little pulveriſed ivory, is ſovereign for the whites in women, and being taken in emulſions, are good againſt heart in urine.

To dreſs a LEVERET.

Lard one ſhoulder and the leg, and let the other remain in its natural condition; then roaſt it, and ſerve it up, with ſweet ſauce, or elſe with vinegar and pepper, and garniſh with a marinade.

When you roaſt leverets, you ought to embrue them with their own blood, as well as hares, and to lard them with thin ſlices of bacon; and they are commonly eaten with pepper and vinegar, or with ſweet ſauce made of ſugar, cinnamon, pepper, wine and vinegar.

To dreſs a LEVERET *after the* Swiſs *way.*

Cut her into quarters, and lard with ſlips of bacon; boil them in broth with a little wine, ſeaſon'd with ſalt, pepper, and cloves; then fry the liver and the blood with ſome flour and mingle all together, adding a little vinegar, ſton'd olives, capers and lemon ſlices for garniture.

LEVERET *Pottage after the* Italian *way.*

Cut the leveret into quarters; lard with ſlips of bacon, then fry them with lard, then ſtew them in good broth, with a little white wine, ſalt, cinnamon, lemon peel, currants and dates.

Then dreſs the whole meſs upon ſoaked cruſts, and ſerve it up to table with lemon juice, garniſhing with ſlices or kernels of pomegranate.

To kill LICE.

Theſe vermin may not improperly be called a diſtemper, for the manner of peoples living contributes to the breeding them, as ſlothfulneſs and uncleanlineſs, and the omiſſion of clean linnen.

So that this diſtemper may happen as well to the rich as the poor, by their intemperance and irregular living; lice proceeding from much corrupted moiſture, which nature ſends forth thro' the pores of the ſkin.

The way to be freed from this vermin, is to alter their conduct, be bled twice or thrice, be purged as often as there is occaſion; and let them rub themſelves with the following pomatum.

Take an ounce of the juice of ſcabious, three drams of the powder of white hellebore, two ounces of turpentine, and the ſame quantity of hogs-greaſe.

SYRUP *of* LIFE.

This medicine is effectual in prolonging life, roſtering health in oppoſition to all diſtempers; diſpels the heat of the bowels, heals decay'd lungs, of which if there be no more than a ſmall part left, the reſt having been waſted, it will not only preſerve that which is ſound but alſo reſtore the infected part.

It is alſo a preſervative againſt the gout, is ſovereign in pains of the ſtomach, dizzineſs, megrims, ſciatica; and in general in all inward diſorders.

It is affirm'd that if but one ſpoonful of this ſyrup be taken every day, the perſon ſhall have no occaſion for a phyſician or apothecary but may ſpend his life in good health; for it will not ſuffer any ill humours to remain in the body but will expel them all.

To prepare this Syrup.

Take four pounds of the juice of the herb mercury, pound of the juice of borage, *viz.* from the tops of the leaves; ſix pounds of the beſt hony, boil it all, ſcum, ſtrain and clarify it.

Alſo infuſe two ounces of gentian roots ſlic'd in a pint and half of good white wine over hot embers for 24 hours, ſtirring it often; then put in the infuſion above mentioned, and boil the whole gently together to the conſiſtence of a ſyrup.

You may, (if you pleaſe) infuſe four ounces of garden flag root with the gentian in the white wine.

LILY is a flower whoſe parts are endow'd with ſeveral ſovereign vertues; the roots, fry'd and roaſted, and afterwards bruis'd in oil of roſes are good to cure burnings; if pounded with honey, it is alſo good for cut nerves and diſlocations; for cleanſing ulcers, curing the itch and the mange.

It will render the face beautiful, take away wrinkles and extend the ſkin; ſo that is fit for the uſe of ladies, preferably to any thing elſe, becauſe tho' it is a beautifier, it will not be prejudicial to the ſkin if us'd even to, and in old age.

The juice of the roots of lilies boil'd in a braſs pot with ſome honey is an excellent medicine for the cure of old ulcers and green wounds.

The ſeed of lilies being drank in wine or ſome other liquor is a very good remedy againſt the ſtinging of ſerpents; the leaves and the ſeeds being made into a plaiſter cures St. *Anthony*'s fire. The parts of this plant are endow'd with ſo many virtues that it would be tedious to enumerate them.

LIME TREE.

The medicinal vertues are, as follows; the berries reduc'd to powder are good for the cure of a diſſentery, and to ſtop the bleeding of the noſe; the diſtill'd water of them is good againſt apoplexies, epilepſies, trembling of the heart, gravel and vertigoes.

LINNEN *Scorching or Staining.*

If the ſcorching has not gone too far, boil two ounces of fullers earth in half a pint of white wine vinegar; the ſame quantity of caſtile ſoap, and a quart of fair water, with two onions

onions quartered and half an ounce of hen dung, till it begins to grow ſtickiſh; then ſet it by to cool, and when it is in a ſort of jelly, put in a little ſtarch and white wine, ſpread it upon the ſcorch'd part of the linen, and if it be but ſlightly done, it will ſoon recover it, but if the linen is ſtained, take two ounces of Caſtile ſoap, boil it to a jelly in a quart of milk, preventing it from curdling; and if the linen has been ſtain'd by fruits or the like, ſpread it on as you do fullers earth, and ſuffer it to lie on all night, and when that is taken off, wet the place with the juice of a lemon and the ſtains will ſoon diſappear.

POMATUM *for the* LIPS.

Take an ounce of the oil of ſweet almonds, extracted without the help of fire, and a dram or rather more of mutton ſuet, freſh kill'd; adding to it a little orkanet to give it a colour; boil all theſe together and the pomatum is finiſhed.

You may uſe the oil of jeſſamin, inſtead of the oil of ſweet almonds or that of ſome other flower, if you would have the pomatum finely ſcented.

Another POMATUM *for chopp'd* LIPS.

Take four ounces of freſh butter, the ſame quantity of black grapes peel'd; two ounces of new wax and half an ounce of orkanet; ſet all together upon the fire till the wax and butter is melted, then ſtrain the maſs through a linen cloth, and apply this pomatum on the chopt lips at night when you go to bed; this is likewiſe good for hands and corns.

LIQUOR *to make, that will give a Wine Taſte to all Sorts of Liquors.*

Take what quantity of clary flowers you pleaſe, pound them groſly, putting to them as much lees of wine as will wet them; then let them lie and macerate for ſome days; then diſtil and rectify them thrice on the flowers, and if you put ſome drops of this diſtillation into water or ſome other liquor, it will make it taſte like muſcadine.

To make a LIQUOR *that is as good or rather better than white Wine.*

Take good white grapes, ſqueeze the juice, and take out the ſeeds, which throw away; of which put about a hundred weight into a half hogs-head, *Paris* meaſure; to theſe add of cinnamon, cloves, ginger in long pepper and nutmeg in powder, of each half an ounce; and of muſtard ſeed an ounce and a half; then fill the caſk with the maſs made with the grapes newly ſqueez'd or trod; but do not fill the hogs-head by near a foot and ſtop the bung, cut a little hole in the middle in the form of a G, that ſo the ſpirit of the wine may exhale as little as may be in the working, and when it has done working and is ſettled a little, you may draw it and drink it; and fill up the veſſel again with good clear water in the ſame proportion as you draw the wine.

You muſt have a cane that paſſes croſs the hogs-head, and is pointed at the end, that ſo may it paſs down to the bottom; and you muſt bore holes through it at certain diſtances with a gimlet that ſo the water may paſs through theſe little holes and mingle with the wine.

You muſt ſtop the lower end of the cane, which is the ſmalleſt, and which ſhould be pointed, with a ſtopple or ſome wooden peg, and the upper end which is near the bung of the caſk muſt be ſtopp'd with a piece of linen cloth, paſte or paper, and the hole afterwards ſtopp'd with a cork or ſomething elſe to prevent the air from gettinginto the hog-ſhead.

Through this cane you are to pour in water with a funnel in proportion to the wine that you draw out; and it is made uſe of that the water that is put in may not trouble the wine, and that it may penetrate every way into the hogſhead, and be well mix'd with the wine.

But when you put in water you muſt not draw of it till after it has ſtood 24 hours.

Nor muſt you put in more than a hundredth part of it at a time, that the wine may not be weakened too much at a time and put in the ſame quantity in the lieu of it, and even a little leſs; and by this method it will grow as ſtrong as it was before; till you perceive it grows weaker; then forbear to put in any water.

De LORME's RED LIQOUR *or* BROTH.

Take agrimony, borage, bugloſs, dandelion, dog-graſs ſorrel, ſtrawberry plants, of each one handful.

The roots of theſe may be uſed when the herbs themſelves cannot be had, and they are better than the herbs themſelves.

Boil all theſe for two hours and more in an earthen veſſel that will hold five quarts and upwards of water, and when you have drunk this water, you may put in more, and the ſecond ſeems to be as good as the firſt.

Take notice that the roots muſt not be always left in the water, eſpecially in ſummer time, for then the water will be apt to grow ſour.

After the pot has been taken off the fire, pour a pint of water into it, and ſo leave it without any more boiling; and by this means the bitterneſs of the herbs will be taken off.

This may be drank in the morning faſting and before ſupper, provided it be four hours after eating.

Dr. *De Lorme* who us'd this medicine liv'd to the age of 104 years.

Dr. St. Catherine's LIQUOR *of* HEALTH.

Take three pints of the beſt oats, cleanſe them well and waſh them and, having alſo a pennyworth of wild ſuccory root, freſh gathered (which is about a ſmall handful) boil them together in ſix full pots of river water for three quarters of an hour, boil it but moderately; then add half an ounce of mineral chryſtal, and two or three ſpoonfuls of the beſt eating hony; boil all together for about half an hour, ſtrain it and put in an earthen pitcher and let it cool.

Two handſome glaſſes of this water may be every drank morning faſting and the ſame quantity in the afternoon 2, 3, or 4 hours after dinner; and this may be continued for 14 or 15 days, and the party may go about his buſineſs as uſual.

The Author took this remedy three times a year, *viz.* before the coming in of winter, about Eaſter and in the hotteſt time of ſummer; by vertue of which he is ſaid to have liv'd to almoſt 120 years.

LIQUORISH.

The juice is thickened as *Lycium* is, and is very good for

the aſperity of the throat; but you muſt not ſuffer it to diſſolve under your tongue.

It is very good for pains in the ſtomach, breaſt and liver; if it is drank in boil'd wine, it cures itchings in the bladder and pains of the kidneys; the juice of liquoriſh when diſſolv'd quenches thirſt, and it is good to be apply'd to wounds: the decoction of the root when freſh, ſerves for the ſame purpoſes as above.

To dreſs the LIVER *and* CROW *of an Hog.*

Take theſe with the ſweet-breads ſoon after the hog has been kill'd, cut the liver in pieces, twice as big as a walnut; but not in thin pieces (as moſt people do) for then they will become hard in the dreſſing.

Alſo cut the crow and ſweet-breads into ſlips about the breadth of two fingers: then par-boil the pieces of liver and having ready a thick batter of flour, water and eggs, ſeaſon'd with a little ſalt; and having alſo ſome red ſage ſhred very fine, grated bread and beaten pepper, mix all theſe latter together; and having heated butter or lard very hot in a frying pan dip the crow and ſweet-bread in the batter; and immediately dip the pieces of liver in the mixture of bread, ſage, *&c.* and put them into the pan.

When the meat is enough, ſet it to drain before the fire, and then dip the bits of liver into the batter; and after that into the crumb bread and give them a turn or two in the pan over a qnick fire: then drain them alſo and ſerve them up hot with butter and muſtard.

LIVER-WORT *or* HEPATICA

It is a plant of aſtringent and vulnerary qualities, and applyed to the ſores of the *Hæmorrhoids*; it alſo good in diſeaſes of the lungs, ſuch as aſthma's, and an inveterate cough; as alſo for tetters, and other cutaneous diſtempers.

LIVER-PUDDINGS.

Boil a pound of hogs liver, grate it fine; add a pound of marrow or beef ſuet ſhred ſo fine as to go through a cullender, and grate alſo the crum of a two penny white loaf; boil a quart of cream with a blade of mace, ſweeten it with ſugar, grate in a nutmeg, mix all together; beat half a dozen eggs, add a little ſalt, and a ſpoonful of orange flower-

water;

water; all which being well mixt together, fill the ſkins: If you would add currants, they muſt be firſt plump'd.

LOATHING *of* MEAT, *&c. in Swine.*

Sometimes ſwine not only will loath their meat; but will vomit it up again; and tho' it is not mortal, yet has this ill effect to reduce them very much in their fleſh. To correct this: Give them raſpings of ivory or harts-horn dry'd in a pan with ſalt, and mix'd with their meat, which ſhould be either ground beans and ground acorns, or if theſe are wanting, give them barley indifferently broken in a mill and ſcalded with the things above-mentioned, or you may give them madder mix'd with their meat.

To make LOBSTER LOAVES.

Take three ſmall lobſters, pick out all the meat, ſhred it a little; brown a piece of butter with flour in a ſauce-pan; then ſtir in a ſmall quantity of onion, and parſly three times as much as onion very finely ſhred, and put in a little pepper, a ſpoonful of anchovy liquor, three or four ſpoonfuls of gravy, the yolks of three eggs well beaten; ſtir all theſe over the fire in the brown butter; then put in the lobſter and ſtir them together a little; then having three *French* rolls, cut a round piece out of the top of each and pick out the crum; but take care not to break holes through the ſides of them; fill up the hollows of the loaves with the former mixtures: then ſtop the holes with the pieces you cut out, cloſe them and tie them round with pieces of tape.

Then having made ſome dripping boiling hot in a frying pan; juſt dip the rolls in milk and throw them into the pan full of ſcalding fat: as ſoon as they are criſp take them out, unbind them.

After the ſame manner you may make ſhrimp or other loaves.

LOBSTER-PYES.

Boil the lobſters, pick them out of the ſhells: ſlice the tails and claws thin; and ſeaſon them with pepper, a little mace and nutmeg beaten fine; take the bodies with ſome oiſters, ſhred fine, and a little grated bread; and ſeaſon it as the reſt; then take the yolks of raw eggs to make it fit to be roll'd up in balls; lay all into the pye with butter at the

bottom and top of the fiſh; and ſet it into the oven; when it comes out pour in a ſauce of ſtrong gravy, oiſter liquor, and white wine thickened with the yolk of egg. This is to be eaten hot.

LOOSENESS.

Boil two drams of *Ipicacuana* in claret and water in equal quantities, till more than one half is waſted; ſtrain and add to it a ſpoonful of oil, and give it in a gliſter to the perſon afflicted. This is a quantity for a ſtrong man; for a weak perſon or a child the quantity of *Ipicacuana* muſt be leſs.

This has cur'd the moſt violent illneſs of that ſort.

Another.

Take an ounce of cinnamon and as much ginger; ſlice both ſmall and ſtrew it on a chafing diſh of coals, over which let the patient ſit as long as the fume laſts.

For a LOOSENESS *and* BLOODY FLUX.

Put the yolks of two new laid eggs into a glaſs of ſtrong cinnamon water, brandy, rum, roſa ſolis or any ſpirituous liquor, and drink it all up, tho' theſe hot things are not ſo proper to be us'd; but in the greateſt extremity; beeauſe chewing of rhubarb is as certain and carries off the cauſe.

Another for the Same.

Take a quart of new milk, ſet it on the fire, till it boils, then ſcum it and let it boil more, then ſcum it again as long as any ſcum will riſe; let it ſtand till it is almoſt cold, then put into it a pennyworth of *aqua vita* and let it ſtand, and it will jelly, and if it be ſet in a cool veſſel and place, it will keep good two or three days.

Another.

Grate and pound three nutmegs very fine, and take their weight, in cinnamon and pound it as fine; then make it into a moiſt paſte with a new laid egg; make the maſs into little cakes and dry them in a ſhovel over a gentle fire, eat in the morning faſting, a piece about the bigneſs of a half crown,

and

and another at four in the afternoon, and a third going to bed.

For a LOOSENESS *and* GRIPES.

Take one dram of *Venice* treacle, three drops of oil of juniper and as many of oil of cinnnamon, which mix with 20 grains of rhubarb; make this into a bolus and take it at night when you go to bed.

The next morning while it works drink warm poſſet drink in which mallows have been infus'd.

This has effected cures, when the caſe has been very dangerous.

Another for the Same.

Infuſe a pound of poppies in half a pint of ſpirit of wine; of this take a large ſpoonful with 6 drops of oil of juniper in a glaſs of cherry water, ſweetened with double refin'd ſugar.

This will give eaſe in extreme pain.

The oil and ſugar muſt be firſt mixt together before it is put into the liquor, or it will not mix.

Another.

Boil a large ſpoonful of plantane ſeed in half a pint of ſpring-water till it comes to a quarter of a pint ſtrain it, ſweeten it with double refin'd ſugar and drink it all up.

Repeat this, if there be occaſion, tho' it often cures at once.

LOVAGE.

The herb, root and ſeeds are accounted of a hot quality: the ſeed is good in diſtempers of the bladder, reins, and ſpleen; the root being drank in ſome liquid is good againſt the ſtinging of adders. It is alſo good for a cough and aſthma and provokes urine.

LUCATELLUS BALSAM.

Take half a pound of yellow wax, melt it in a little canary wine, oil of olives and *Venice* turpentine waſh'd in roſe water of each three quarters of a pound, boil them until the

wine is evaporated, and ſet it up till it is almoſt cold, and then ſtir in an ounce of red ſaunders and preſerve it for uſe.

This is the way that it is commonly made, but Dr. *Quinſey* objects againſt the melting the wax in canary, as alſo the waſhing the turpentine in roſe water, as not availing any thing as to the goodneſs of the medicine; and therefore that if the materials are all good in their kinds, he adviſes that as ſoon as the wax and turpentine are melted to ſtir in the ſaunders without any boiling at all.

And as to the ſaunders it ſelf, that it anſwers not any end as a balſamick neither internal or external, and if it be put in only for the ſake of colour this may be better done by boiling dragons blood in the oil for ſome time and keeping it from burning, it may be brought up to what degree of colour, and that a more elegant red than the ſaunders will produce; which laſt way is us'd in ſome of our hoſpitals.

This balſam is recommended for an internal vulnerary, and is good in ſuch coughs as give reaſon to ſuſpect tubercles and ulcerations in the lungs and alſo for all internal decays from the like cauſes whether ſeated in the breaſt or any other part.

It is alſo good for accidential bruiſes and inward bleeding.

It is good in cleanſing and healing green wounds and ulcers that are not of too long ſtanding; but that made without ſaunders in the latter caſes is beſt, that being a vaſt prejudice to the wound, rather fouling than cleanſing it.

The doſe given inwardly is from one to two drams at a time with a little ſugar or ſome pleaſant conſerve.

A LUMBER PYE.

Take a pound of lean veal free from ſtrings, ſhred it very fine, ſeaſon it with ſalt, pepper, cloves and mace powdered; ſweet herbs dry'd and powdered, lemon peel grated; to which add a little lemon juice, five or ſix buttered eggs and three large ſpoonfuls of grated bread. Theſe ingredients being well mix'd together and made into a paſte or as forc'd meat for balls about the ſize of ſmall walnuts; then take two or three large veal ſweet-breads and cut them in pieces, and having ready a pint of muſhroom buttons well clean'd, and the yolks of eight hard eggs cut into halves, alſo a dozen of cocks combs well ſcalded and clean'd cover the bottom of a diſh with good paſte, lay theſe with a ſeaſoning of ſalt and pepper, laying bits of butter on the paſte at the bottom.

You

You may if you pleaſe put in half a pound of currants, having laid the meat and all in lay over it a quarter of a pound of marrow and about ſix ounces of butter, and then cloſe up the pye.

Juſt before it is ſet into the oven, half a pint of water muſt be put into it, and when it comes out half a pint of white wine warm'd, and ſerve it up to table hot.

For LUNACY *or* MADNESS.

Boil three large handfuls of ground ivy ſhred ſmall, in two quarts of wine, till there is but one third part remaining; then ſtrain it and add to it ſix ounces of the beſt ſallad oil; boil it up to an ointment, ſhave the patients head, warm this ointment and chafe his head with it.

Then take freſh herbs bruis'd and apply them plaiſterwiſe, tying it on the top of the head very hard.

Repeat this every other day 10 or 12 times; and give the patient three ſpoonfuls of ground ivy every morning faſting in a glaſs of beer for the firſt 10 days.

This is Dr. *Wadenfields* remedy with which a perſon is ſaid to have cured 60 lunatick perſons.

The Diſtemper in Swine call'd the LUNGS.

This diſtemper which ſome farmers call *Lungs* others call thirſt.

It proceeds from want of water, nor are they ever ſubject to it but in ſummer time; or where water is wanting.

The remedy is to give them water freſh and frequently, or elſe they will be apt to have an over-heat in their liver, which will cauſe this diſtemper, and when affected with it the cure is to pierce both ears of the hog and to put into each hole a leaf, and ſtalk of black hellebore, a little bruiſed.

M

MACAROONS.

SCAL'D and blanch a pound of almonds and blanch throwing them into cold water, then drain them, wipe them, and dry them in a mortar, moiſtening them at the ſame time with a little orange-flower-water, or the white of an egg, that they may not oil; then pound them again with a pound of powder ſugar, and the white of three or four eggs, having pounded all well together, dreſs the macaroons on paper with a ſpoon in order to be bak'd with a gentle fire; when they are half done, you may ice them over if you pleaſe.

MACKEREL, *to dreſs.*

Salt them, ſlit or cut them a little along the back, to make then take ſalt, with oil, pepper, fine ſalt and fennel.

They may be alſo wrapt up in the ſame green fennel in order to be roaſted while a ſauce is preparing for thim made with burnt butter, fine herbs chopt ſmall, ſalt, nutmeg, fennel, capers, ſcalded gooſeberries, and a little vinegar, and ſerve them up to table garniſhed with ſlices of lemon.

To PICKLE MACKEREL *call'd Caveach.*

Divide the mackerel into five or ſix round pieces, allowing for the ſeaſoning of half a dozen fiſh, a handful of ſalt, one ounce of beaten a pepper, three large nutmegs, and a little mace, mix the ſpices and ſalt well together, and having cut two or three holes in each piece, thruſt in the ſeaſoning with your finger; and rub the pieces all over with the ſeaſoning, fry them brown in oil, and ſet them by till they are cold; then put them into vinegar, covering them with oil. If they are well covered they will keep good a great while.

MACROBIAN PILLS *or Pills for prolonging Life.*

Take eight ounces of the beſt aloes, four ounces of gum maſtick, and two ounces of Engliſh ſaffron, and ſix ounces of myrrh;

myrrh; extract the aloes and saffron with brandy, and the myrrh and mastick with the best spirit of wine; join these extractions, which must be by a *Balneo mariæ*, filtered, evaporated and distill'd.

When the spirits grow thick and are covered with a good pellicle, let the vessel cool, then take it out of the furnace, and pour it into a glaz'd earthen vessel, and set it on the fire to evaporate, or in the sun, and with a stick stir about the water that subsided under the said skin, then make it up into pills of the weight of 3. 4. 5 or 6 grains.

Of these take one in the evening just before you eat the first bit of supper whether it be bread meat or pottage.

This will keep the body open, so that the person will have a stool every morning. It will destroy superfluous humours, strengthen the natural heat and all the internal faculties, and prolong life.

These pills are not to be taken oftener than twice a week.

For the BITE *of a* MAD DOG.

Take balm, betony, the lesser centaury, comfrey, mint, St. *John*'s wort, plantain, polypody, the leaves of rue, the lesser sage, vervain and common wormwood, of each equal quantities; let them be gathered in the month of *June* ty'd up in bundles, and wrapp'd up in papers, and hung up to dry in a shady airy place; and when you would use them, reduce them into a fine powder by pounding and sifting them through a lawn sieve.

Give the patient from two or three drams of this powder with half a dram of the powder of vipers flesh, in a glass of good white wine in a morning fasting, for 52 days running.

If the bite has been near the head or face you must double the dose.

This is the *French* method, which cautions the washing the wound with water, contrary to our *English* practice of going to the sea for that purpose.

But since it is necessary to cleanse the wound from the foam and blood, it will be best to wash it with camphorated spirit or spirit of myrrh.

Another for the Same.

If you can procure the liver of the dog, dry it and powder it

it immediately, and give the quantity from three to ſix ounces of it in wine, ſyrup, or any vehicle in which the patient can take it beſt.

Let this be done, if poſſible within 24 hours.

This is recommended as the beſt medicine yet diſcovered for that malady.

Dr. MEAD's *Receipt for the Cure of a Bite of a* MAD DOG.

Let the patient be blooded at the arm, 9 or 10 ounces. Take of the herb called in Latin, *Lichen cinereus terreſtris*, in Engliſh, *Aſh-coloured Ground Liverwort*, clean'd, dry'd and powdered, half an ounce; of black pepper powdered, two drachms. Mix theſe well together, and divide the powder into four doſes, one of which muſt be taken every morning faſting, for four mornings ſucceſſively, in half a pint of cow's milk warm: After theſe four doſes are taken, the patient muſt go into the cold bath, or a cold ſpring or river, every morning faſting, for a month; he muſt be dipt all over, but not ſtay in (with his head above water) longer than half a minute, if the water be very cold: After this he muſt go in three times a week for a fortnight longer. The *Lichen* is a very common herb, grows generally in ſandy and barren ſoils all over *England*, the right time to gather it is in the month of *October* or *November*.

MADDER. The decoction of the roots of this plant, reduc'd to powder and taken to the weight of half a dram, provokes urine and womens *menſes*; and being boil'd in hony-water, removes obſtructions of the liver, ſpleen, kidneys and womb; and is an infallible remedy for the overflowing of the gall.

The branches and leaves being pounded and taken in wine is good againſt the ſtinging of ſerpents; the root being apply'd will help the delivery of a woman in travel and bring away the after-burthen.

MALLOWS have the qualities of mollifying and diſſolving, and are ſomewhat aſtringent, and are uſeful in diarrhæas, dyſenteries and ſpitting of blood.

The root being boiled in water with wine or hony, or apply'd alone to green wounds, the king's evil, impoſthumes, diſtempers of the breaſt, ruptures, hernia's, ſprains and coldneſſes of the nerves is excellent for the cure of all theſe evils; for it diſſolves, ripens, digeſts, breaks and reſtores if boil'd and mix'd with hog or gooſe-greaſe and turpentine, If it be apply'd to the womb it allays the hardneſs of it and takes away the inflammation.

A decoction of the root in wine being drank, is good againſt the ſtoppage of urine, catarrhs, ſciatica's, ſtone cholicks and ruptures.

Boil'd in vinegar and the mouth being waſh'd therewith allays the pain of the tooth-ache.

The ſeed, either green or dry, ſteep'd in vinegar and expos'd to the ſun, will take away the redneſs of the face; and a decoction of its ſeeds is good for a looſeneſs and dyſentery.

MALT.

The pale malt is the ſloweſt and ſlackeſt dry'd of any, and that which has had a leiſure fire, a ſufficient time allowed it on the kiln, a due care taken in the management of it, the flour of the grain will remain in its full quantity, and thereby produce a greater length of wort, than the brown, high dry'd malt.

And for this reaſon it commonly ſells for one or two ſhillings a quarter more than the brown.

This pale malt is alſo more nouriſhing to the body of any others, as being in this ſtate the moſt ſimple and neareſt to its original barley corn, that will retain an alcalous and balſamick quality much longer than brown malt; the tender drying of this malt bringing its body into ſo ſoft a texture of parts, that moſt of the great brewers brew it with ſpring or well water, whoſe hard and binding properties (in their opinion) agrees beſt with this looſe bodied malt, either in ales or beers, and will alſo diſpence with hotter waters in brewing it than the brown malt can.

The amber coloured malt is that which is dry'd in a medium degree between the pale and the brown, and is very much in uſe, as being free from either extream.

The colour of it is pleaſant, the taſte of it agreable, and its nature wholeſome; for which reaſons many prefer it to all other malts: Some brew this malt with both hard and ſoft waters mixt, and ſome with hard, and ſome with ſoft ſingly.

Pale and *Amber* malts that are dry'd with coak or culm, take a cleaner, brighter, paler colour, than if dry'd with any other fuel; becauſe there is not ſmoke to darken and colour their ſkins or huſks, and to give them an ill reliſh, which thoſe malts dry'd with ſtraw, wood, fern, *&c.* have either leſs or more.

The coak or *Welſh* coal alſo makes more true or compleat malt than any other fuel; becauſe its fire gives both a gentle and a certain heat; by which means the corns are in all their

parts

parts gradually dry'd, and therefore theſe malts have gain'd ſuch reputation, that great quantities of them have been us'd in moſt parts of our nation on account of their wholeſome natures and ſweet fine taſte.

Next to the coak dry'd malt, that which is dry'd with ſtraw is the ſweeteſt and beſt taſted; but as the fire of the ſtraw is not ſo regular as the coak, the malt is made with more uncertainty; becauſe it is a difficult thing to keep it to a moderate and equal heat, and alſo the malt is apt to take ſomething of the taſte of the ſmoke.

The *Brown Malt* is dry'd the ſooneſt and higheſt of any, even till it is ſo hard that it is difficult to bite ſome of its corns aſunder, and is often ſo cruſted or burnt that the mealy part loſes a great deal of its eſſential ſalts and vital property, and therefore will not draw ſo much good drink as *pale* or *amber malts*.

Many are of opinion that the brown malt cauſes the gravel and ſtone, beſides what is commonly call'd the heart-burn; and is by reaſon of its ſteely nature not ſo nouriſhing as *Pale* or *Amber Malts* are; being very much impregnated with the fiery, ſmoaky particles of the kiln, and therefore the drink made with it becomes ſooner ſharp and acid, than that made from the *Pale* or *Amber Malts*, if they are all fairly brewed.

And for this reaſon it is that the *London* brewers for the moſt part uſe the *Thames* or *New River* waters for brewing this malt; by reaſon of the ſoftneſs of their qualities, which better agree with the harſh qualities of this malt, than any of the well or other hard waters, and make a luſcious ale for keeping a little while; and a butt beer that will keep very well for five or ſix months; but after that time it generally grows ſtale, notwithſtanding there are 10 or 12 buſhel allow'd to the hogſhead, and it be hopp'd accordingly.

Brown Malts are far the moſt part dry'd with ſtraw, wood or fern, *&c.* That which is dry'd with ſtraw is by far the beſt; but that which is dry'd with wood has a very unnatural taſte; but this ill taſte it loſes in 9 or 10 months, and likewiſe the ſtrength of the great quantity of hops, us'd in brewing it by the *London* brewers.

The malt that is dry'd with fern has alſo a rank, diſagreeable taſte, given it by the ſmoak of this vegetable.

Some uſe half *pale* and half *brown* malt for brewing butt beer, which makes very good beer; which ſeems to be eaſy to account for, in that the *pale* being the ſlackeſt and the *brown* the hardeſt dry'd, muſt produce a mellow, good drink

by

by the help of a requiſite age, which will reduce thoſe two extremes to a proper quality.

Of Grinding MALT.

Much depends upon the grinding of malt, as to the goodneſs of drink; for if it be ground too ſmall, the flour of the malt will the more eaſily and freely mix with the water, and then cauſe the wort to run thick; and therefore the malt ſhould be only juſt broke in the mill, to cauſe it to emit its ſpirit gradually, and incorporate its flour with the water after ſuch a manner, that firſt a ſtout beer, then an ale, and afterward a ſmall beer, may be had at one and the ſame brewings, and the wort will hold clear to the laſt.

Some grind their malt a fortnight before they uſe it, and keep it in a dry place, from being influenced by too moiſt an air, that it may become mellower by loſing in a great meaſure the fury of its harſh, fiery particles and ſteely quality, which this ſort of malt acquires on the kiln; however this, as well as many other hard bodies, may be reduc'd by time and air into a more ſoluble, mellow and ſoft condition, and then it will imbibe the water, and give a natural, kind tincture, more freely; by which a greater quantity and ſtronger drink may be made, than if it were us'd as ſoon as it comes from the mill, and be much ſmoother and better taſted.

But *pale malt* will be fit for uſe in a weeks time, becauſe the leiſure us'd in its drying, endows it with a ſoftneſs from the time it is taken out of the kiln, to the time it is brewed, and ſupplies in that, what time and air muſt do in the *brown* malt.

It is the practice in ſome countries to throw a ſack or two of malt, as ſoon as it is ground, on a ſtone or brick floor, and there to let it lie, giving it one turn for a day or two; that the ſtones or bricks may draw out the fiery quality that it receiv'd from the kiln, and give the drink a ſoft, mild taſte.

To know good from bad MALTS.

There are two ways for this.

Firſt By the bite; break the malt croſs between the teeth in the middle of it, or at both ends, and if it taſteth mellow or ſweet, has a round body, breakes ſoft, is full of flour all its length; ſmells well, and has a thin ſkin, then it is good.

Secondly.

Secondly, By water, thus; Take a glaſs near full of water and put in ſome malt, and if it ſwims it is right; but if any ſink to the bottom, then it is not true malt; but ſteely, and retains ſome of the barley nature.

Tho' indeed this is not an infallible rule; becauſe if a corn of malt is rack'd ſplit or broke, it will then take the water and ſink; but there may an allowance be given for ſuch incidents, and ſtill room enough to paſs judgment.

Thirdly. Malt that is truly made, hard and ſteely; but of ſo mellow a nature, that if forc'd againſt a dry board, will mark and caſt a white colour almoſt like chalk.

Fourthly, Malt that is not rightly made, will be part of it hard, and of a barley nature, and weigh heavier than that which is true malt.

Of BOILING MALT LIQUORS.

Altho' it is ſaid elſewhere that an hour and half is requiſite for boiling *October* beer and an hour for ale and ſmall beer: Yet it ought to be remembered that no exact time is a certain rule in this caſe with ſome brewers; for when looſe hops are boiled in the wort ſo long till they all ſink; the ſeeds will ariſe and fall down again, the wort alſo will be curdled and broke in ſmall particles, if it be examined in a hand bowl, but afterwards into larger as great pins heads and will appear clean and fine at top.

This is ſo much a rule with ſome, that they do not regard time, but this ſign, to know when the wort is boil'd enough and when this will happen ſooner or latter to the quality of the barley, and according as it has been either well or ill malted. For if it comes off chalky or gravely lands, it commonly has the good property of breaking or curdling ſoon; but from tough clays, then it is longer, which by ſome people is not a little valued; becauſe it ſaves time in boiling, and conſequently the waſting of the wort.

It ought to be obſerved that pale malt worts will not boil ſo ſoon in the copper as the brown ſort; but when either of theſe worts boil; they ought to boil to the purpoſe for then they will break the ſooner and waſte leſs than if they were kept ſimmering, and will alſo work more kindly in the tun, drink ſmoother and keep longer.

Now all malt worts may be ſpoil'd by being boil'd either too much or too little: If they be boil'd too long they will then thicken, (for a wort may be boil'd to a ſalve) and at laſt

not

not come out of the copper fine, and in a right condition, which cauſe that it never will be rightly clear in the barrel; which is ſufficient to deter perſons from the practices of boiling worts three hours. Again if worts be boil'd too little, then the drink will always taſte raw, mawkiſh and unwholeſome for the ſtomach, and all under boil'd drinks are apt to grow ſtale and ſour, ſooner than thoſe which have had their full time in the copper.

You may take it for granted, that no ale worts boil'd leſs than an hour can be good; becauſe as in an hours time they cannot acquire a thickneſs of body that will be a detriment to them, ſo in leſs than an hour the rankor viſcid parts of the ale cannot be ſufficiently broke and divided, ſo as to prevent its running into coheſions, ropineſs and ſourneſs; becauſe in ales there are not hops enough allow'd to do this, which ſhould be ſupplied with good boiling, or elſe the drink will not be agreeable to man's body.

To come to the criſis of the matter, both the boiling and that of the breaking and curdling of the wort ſhould be conſulted; for if it were to be boil'd an hour and then taken out of the copper before it was rightly broke, it would be wrong management, for the drink will neither be fine nor wholeſome, and if it ſhould boil an hour and a half or two hours, without regarding when the particles were in a right order then it might be too thick; ſo that a due care is required to avoid both theſe extremes.

Therefore in *October*, and keeping beers, an hour and a quarters good boiling is commonly ſufficient to have a thorough cured drink, for it will generally break in that time and be boiled enough; and becauſe in this there is a double ſecurity by length of boiling and by a quantity of hops ſhifted.

MARCH-PANE

Firſt ſcald your almonds, throw them into cold water drain, wipe, and pound them in a marble mortar, ever and anon moiſtening them with the white of an egg to prevent them from turning into oil.

In the mean time, let half the quantity of clarified ſugar be boil'd till it becomes feathered; then either throw the almonds into the ſugar by handfuls, or pour the ſugar upon them into ſome veſſel; and incorporate them well together by ſtirring them about with a ſpatula, taking care that it ſtick

not to the bottom or ſides of the pan; even though it were taken off the fire.

You may know when it is enough, by paſſing the back of your hand over it, if it does not ſtick to it, it is enough: Then lay it upon powdered ſugar, and ſet it by to cool; then roll it out into rolls, and cut it with certain moulds. and lay them on ſlips of paper to be bak'd in an oven; ſo that they may be heated only on one ſide by the fire, and then ice over the other ſide and bake it in like manner.

Then it may be made either round, long or oval, curled or jagg'd, or in the ſhape of an heart.

MARIGOLDS.

The flowers of marigolds are good to ſtrengthen the heart reſiſt poiſon and peſtilential fevers, which way ſoever they are taken.

An ounce of their juice, and an ounce of the powder of earth-worms, are an excellent remedy for curing the jaundice: A water diſtill'd from this plant when in bloſſom, is good againſt the redneſs and inflammation of the eyes, whether put into them or upon them.

As for the manner of uſing marigolds in peſtilential fevers, the preſcription is, to drink two ounces of the juice of its flower upon the firſt acceſs of the fever, and for the patient to lie down as ſoon as he has drank it, and to be covered warm in bed, if he ſweats plentifully it will cure him; and the ſame is alſo a good remedy in quartan agues.

Some ſay the juice of marigolds mixt with wine or vinegar is a ſovereign remedy to relieve the head and tooth-aches.

And if the leaves of marigolds are often eaten they will improve the ſight.

MARINADE, is a pickled meat, either of fleſh or fiſh.

A MARINADE *of Chickens.*

Cut the chickens into quarters, and marinade them in the juice of lemons and verjuice, or with vinegar, ſalt, clove, pepper, chibols: or a bay leaf or two: Let them lie in this marinade for the ſpace of three hours, then having made a ſort of clear paſte or batter with flour, white wine and the yolks of three eggs, drop the chickens into it, then

fry

fry them in lard, and ſerve them up in the form of a pyramid, with fry'd parſley and ſlices of lemon.

A MARINADE *of Pigeons.*

Theſe are marinaded as chickens, then either ſlit them on the back, or cut them into quarters, that the marinade may the better penetrate the fleſh, leaving them three or four hours in the marinade; then either dip them into paſte, or flour them, being all over wet, fry them and ſerve them up with fry'd parſley ſtrew'd upon them and round the diſh, adding a little vinegar and white wine.

A MARINADE *of Partridges.*

Cut the partridges into two pieces, and ſteep them in a marinade or pickle as before directed, fry them after the ſame manner, and ſerve them up to table with garlick, vinegar and white pepper.

To MARINADE *Veal.*

This is prepared in order to garniſh other diſhes, cutting the veal into ſlices as it were for *Fricandoes* or *Scotch* collops, and ſo of other things that are to be marinated.

A MARINADE *of Fiſh.*

Prepare and cleanſe the fiſh, then lay them in a marinade of vinegar, ſalt and pepper, and chibbols; then flour, and fry them in refin'd butter, ſerve them up with fry'd parſley, white pepper and orange juice.

Another Way.

Firſt fry them, then put them in the following marinade. Put ſlices of orange and lemon into a frying pan, with ſalt, pepper, nutmeg, refin'd butter, vinegar and a bay leaf or two, and chibbols. and pour this ſauce upon the fiſh.

MARJORAM. The qualities of this herb is vulnerary, cephalick hyſterick, and for expelling wind. The leaves reduc'd to powder and taken as ſnuff, is good to throw out that which incommodes the brain.

A decoction of it, is good for thoſe that incline to a dropſey, and alſo for ſtoppages of urine and the griping of the guts.

MAY BLOSSOM, or *May Lilly*, or *Lilly Convally*, is of a quality moderately cooling and digeſtive; the incarnated part of the flower being drank in water, is good againſt the quinſey and falling ſickneſs in young children; and againſt adders, who 'tis ſaid will avoid the ſmoke of this herb when it is burnt.

The leſſer ſort of this plant which is called *Petty-Muguet*, is good againſt the heat of the ſtomach if apply'd to it; and alſo for an inflammation of the eyes and groin, and the falling of the fundament.

MEAD.

Set ten gallons of clean water over a clear fire, and when it is warm put in a gallon of honey and four pounds of ſugar, with two ſpoonfuls of coriander ſeed bruiſed; two roots of horſe-radiſh ſliced, and ten or twelve races of ginger; tie theſe up in a thin rag and boil them over a briſk fire, till the ſcum is riſen, which take clean off, and pour it into ſome open ſtone veſſel, and put in it 80 cloves and 8 lemons ſplit into quarters, (the rind of half of them being peel'd off) put to it half a dozen or eight toaſts of white bread, ſpread over with ale yeaſt; then ſtop up the veſſel cloſe, and let it ſtand for eight or ten days, then bottle it up, and in a weeks time it will be fit to drink; tho' if it be kept in a cool place, and well cork'd, it will be much better at the fortnight's end.

But ſome authors ſay, it will be better not to boil the bag of ſeeds and roots, but to put it into the mead, when the toaſts and yeaſt are put in, or at the beginning of its fermentation; becauſe the boiling of them deprives them of much of their vertues, and eſpecially the horſe-radiſh, which can ſcarce bear a gentle fermentation without looſing its vertues.

If you deſign your mead for longer keeping, you muſt add a greater quantity, even double or treble, which will then afford a ſtrong ſpirituous liquor, and in order to give it a rich flavour, cloves, mace and nutmegs, of each four drams beaten and tied in a cloth and put it into the caſk, and it may ſtand ſix months in the veſſel before it is bottled.

Another

Another Way.

Take four gallons of water, and as much honey as will make it bear an egg; add to this the rind of three lemons; boil it, and ſcum it well as it riſes. Then take it off the fire, then add the pieces of the three lemons, then pour it into a clean tub or open veſſel, and let it work for three days; then ſcum it well, and pour off the clear into the caſk and let it ſtand open till it ceaſes making a hiſſing noiſe, then ſtop it up cloſe; and in three months it will be fine and fit for bottling.

MEASLED SWINE.

This diſtemper may be diſcovered, by the ſwine's voice, being much hoarſer than uſual; their tongues will be pale, and their ſkin will be thick and full of little bliſters about the bigneſs of peaſe.

For the cure, ſome give the ſwine an infuſion of brio. ny root and cummin water every morning in their food; by way of precaution. But the moſt certain remedy is to prepare the following medicine.

Take eight ounces of ſulphur, three ounces of alum, and three quarers of a pint of bay-berries, and two ounces of ſuet; pound all theſe together, tie them up in a linnen cloth and lay it in the water you give them to drink, firſt ſtirring them in the water

MEASLES *and Murrain in Swine.*

Take of the flour of ſulphur half an ounce, madder the like quantity, powdered or ground as it comes over; liquorice ſlic'd, a quarter of an ounce, anniſeeds the ſame quantity; add to theſe a ſpoonful of wheat flour; mix all with new milk, and give this to the hog in a morning faſting, repeat this two or three mornings.

MELASSES.

A very good drink may be made from melaſſes, after the following manner.

Allow 40 gallons of water to an hundred weight of melaſſes, ſtir them in till it is well mixt or incorporated with the water. Then caſt into it pewter, boughs, or leaven; then add ſaſſafras or juniper roots three pound, dry'd balm

half an ounce, cloves, cinnamon, and nutmeg of each one ounce; then put all into the copper, and fix on the blind head and lute it well with a paſte of *Spaniſh* white and rye flour, and digeſt 24 hours; then let it run out into the receiver, and when it is milk warm, put in the yeaſt.

Let it work ſufficiently, then tun it up, and let it ſtand till it ripens and becomes mellow.

If you have not a blind head, the cinnamon, nutmeg and cloves, muſt not be put in till it be tunn'd.

Some brew ſmall beer of melaſſes for their health ſake becauſe it does not breed the ſcurvy like malt liquors; and at the ſame time is for opening the pipes and paſſages of the lungs; for which they put nine pound of treacle into a barrel or copper of cold water; firſt mixing it well, then boiling it briſkly with a quarter of a pound of hops or more for an hour, that it may come off about 27 or 28 gallons.

MELILOT. This plant is good for mollifying Inflammations, eſpecially thoſe of the eyes, womb, fundament and teſticles, being boil'd in wine and apply'd thereto, either in the yolk of a roaſted egg, flour of fenugreek or wheat flour and fair water.

It will cure freſh impoſtumes, which ſend forth corrupt matter like honey; and alſo a ſcald head, being mix'd with *Chio* earth, wine or galls.

It diſſolves, rarefies and ſoftens like camomile, and is good for allaying pains in any part.

MELONS *to pickle in imitation of Mangoes.*

The mango is a fruit brought from the *Eaſt Indies*, about the ſhape and bigneſs of a ſmall melon; it has a large ſtone in it, and comes to us in a pickle which is ſtrong taſted of Garlick.

When melons are gathered for this uſe, they muſt be waſhed and cut after the ſame manner as is done with mango cucumbers, and laid in ſalt and water, ſhifting the ſalt and water ounce every 24 hours, for nine days ſucceſſively; then take them out, and wipe them dry and put into the inſide of each the ingredients directed for mango cucumbers, and tie them up, then boil the pickle of vinegar, bay-ſalt, and ſpices with theſe mangoes, ſcumming it as it riſes, and with a piece of allum, and proceeding in every thing as directed for mango cucumbers

METHEGLIN.

Take live hony that naturally flows from the combs, and that from ſwarms of the ſame year is the beſt, to this put ſuch a quantity of ſpring-water, that when the hony is thoroughly diſſolv'd an egg will not ſink to the bottom; but eaſily ſwim up and down in it.

Then boil the liquor in a copper veſſel or elſe in a braſs one for an hour or more, by which time the egg will ſwim above the liquor about the breadth of a groat, and then take it off the fire and let it cool. You need not ſcum it while it is boiling, becauſe the ſcum will help its fermentation and make the liquid clearer.

The next morning you may put it up in a caſk and in proportion to every eight gallons, put in half an ounce of ginger, a quarter of an ounce of cinnamon, of cloves, and mace of each half an ounce, all groſly powdered; for if they be pounded fine, the ſpice will always flow in the metheglin and make it foul, and if they be put in while the liquor is hot they will loſe their ſpirits; add alſo a ſpoonful of yeaſt at the bung to increaſe its fermentation, but it muſt not let be too cold at firſt for that will retard the fermentation.

As ſoon as it has done working, ſtop it up cloſe and let it ſtand for a month, then bottle it and ſet it in a cool place and the longer it is kept the better it will be.

White METHEGLIN.

Boil in eight gallons of running water, ſweet marjoram, ſweet briar buds, violets and ſtrawberries, and double violet flowers (if they can be got) of each an handful; of the ſeeds of carraways, coriander and fennel, of each two ſpoonfuls, and three or four blades of large mace; let then boil for three quarters of an hour, ſcum and ſtrain the liquor, and when it is luke-warm, put as much hony to it as will make it bear an egg, the breadth of a ſix pence above the water; then boil it again as long as any ſcum will riſe; then ſet it a cooling, and when it is almoſt cold put it up in a caſk with half a pint of good ale yeaſt, and let it work in the caſk till the yeaſt has done riſing; filling it up every day with ſome of the ſame liquor, and then ſtop it up, putting in a bag with a nutmeg, ſlic'd a few cloves, mace and cinnamon all unbruis'd and a grain of muſk.

The beſt time to make this is about *Michaelmaſs*, and it will be fit to be drank the beginning of the ſpring.

MILL-FOIL is of an aſtringent quality and very good for ſtanching blood; for old and new ulcers and fiſtula's; the juice of it is good againſt ſpitting of blood, and bleeding at the noſe, when put into it; the decoction alſo ſtops all ſorts of bleeding, eſpecially of wounds, and the leaves being us'd in gliſters, ſtop a looſeneſs and the dyſentery.

To increaſe MILK *in Nurſes.*

Let them drink wine or other good liquor wherein fennel has been ſteep'd, let them eat chiche peaſe, lettice, fennel, rocket, almonds, and raiſins of the ſun; a nurſe may alſo waſh her ſelf with a decoction of chiche peaſe.

She may alſo ſup pottage of chiche peaſe and barley water, wherein fennel has been boiled; but this liquor ſhould be drank hot in ſummer and cold in winter.

Let her alſo abſtain from drinking wine and other hot liquors, and from eating ſalt and ſpiced meats.

To ſtop or dry up MILK *in Nurſes.*

Put chervil upon the breaſts and under the arm-pits; or elſe chafe them with a ſalt decoction. Or,

Apply a cataplaſm of parſly and crum of bread to the nipples. This alſo does ſometimes diſſolve tumours in the breaſts. Or,

Make an ointment with brandy and freſh butter, anoint the breaſts with it, and lay brown paper upon them; when the paper is dry, anoint them again, lay on freſh paper and repeat this till the milk is dryd up.

To diſperſe MILK *that is curdled in the Breaſt.*

Boil lentils in pickle, milk, mint, ſmallage, crumb of white bread and the yolk of an egg, as you do for pap and apply it by way of cataplaſm.

Of BREEDING MILK *in Cows.*

Draw a whey with ſtrong beer and milk, in which boil anniſeed and coriander ſeed finely powdered; and alſo an ounce of ſugar candy powdered. Give the cow a quart of this every morning; this will not only make her milk ſpring freely; but will greatly increaſe it.

A ſtrong MILK WATER.

Take mint, ſage and balm of each two good handfuls; carduus, rue, meadow-ſweet and wormwood, of each a handful; chop theſe herbs all together and put them into a gallon of new milk to which add a whole nutmeg ſlic'd; put them into a copper alembick and draw off two quarts of liquor, keeping an even ſlow fire; this is good for any feveriſh or conſumptive perſon.

Another for a Surfeit, &c.

Take mint, carduus, wormwood and rue, of each ſix handfuls; cut the herbs and ſteep them all night in a gallon of milk; the next morning diſtil it off in a cold ſtill; from this quantity you may draw three quarts; then diſtil this water over again the next morning with the ſame quantity of milk and herbs, and ſweeten it to their palate if for children; but it is beſt without, if for grown perſons.

Another for quenching Thirſt.

Take a pound of carduus, half a pound of wormwood, alſo ſpear mint, and balm ſhred a little; put them into an ordinary ſtill with four quarts of milk and diſtil it off leiſurely.

You may if you pleaſe uſe the ſame herbs, and being cut put a pint of ſack upon them over night, and diſtil them with a gallon of milk as before.

MINC'D PYES.

Parboil either an ox's heart or a neat's tongue, that has not been either ſalted or dry'd, or the inſide of a ſurloin of beef; chop this ſmall, and to each pound allow two pounds of clean beef ſuet, cleared from the ſkins and blood, chopp'd as ſmall as the fleſh; then having pared and cored eight good apples, chop them ſmall, and grate a two penny white loaf; alſo to every pound of meat, allow two pounds of currants: ſeaſon with a little ſalt and pepper, cloves and mace, of each half an ounce; two or three nutmegs grated, and a pound and half of ſugar; then grate in ſome lemon and orange peel, and ſqueeze in the juice of half a dozen oranges and pour in half a pint ſack. Mix all theſe very well together and putting a little of it into a ſauce-pan, ſet it on the fire that you may

may try the taſte, in order to add more of any ingredient you think to be wanting, put this into a glaz'd earthen pan and preſs it down, and it will keep from Chriſtmaſs till Candlemaſs. When your pies come out of the oven, you may put in a little ſack, brandy, or white wine.

EGG MINC'D PYES.

Boil a dozen of eggs very hard, then mince them very fine, add double the quantity of ſuet very finely ſhred; add two pounds of currants well pick'd and clean waſh'd; the peel of a couple of lemons very finely ſhred, and half the juice, and 10 or 12 ſpoonfuls of canary; add a little ſalt, ſugar, mace, nutmeg and candied orange or citron-peel, if you pleaſe to have them rich.

MINT.

The young red buds in the ſpring, eaten with vinegar and ſugar mightily refreſh the ſpirits and excite appetite.

It is of a warm and dry nature, very fragrant and being a little preſs'd is friendly to a weak ſtomach and powerful againſt all nervous crudities.

The ſmell of mint fortifies the brain, and the juice of it being drank with vinegar, ſtops the bloody flux, removes the loathings of the ſtomach, and is good for killing of worms.

The juice of wild MINT is good to purge women after they have lain in, and its decoction taken inwardly is good for thoſe that have a narrow breaſt and breathe with difficulty.

Mint being pounded with ſalt, is good for the bitings of a mad dog; being pounded and put into a cataplaſm it comforts a weak ſtomach and helps digeſtion.

Two or three ſprigs of this mint being drank with the juice of garden mint, ſtops the hiccough, vomiting, &c.

The leaves being dry'd and powdered is good for killing worms in young children.

It is alſo ſovereign for reſtoring the ſmell to thoſe who have loſt it.

If the leaves of mint be chew'd after the eating of milk it prevents its curdliag in the ſtomach; for it will hinder the coagulating of milk, and if theſe be moiſtened with the juice or decoction of mint, it will preſerve it from all rottenneſs and corruption.

Mint being apply'd to the head-ache, proceeding from a cold cauſe will eaſe.

MINT-WATER.

Take proof ſpirits five quarts; water two quarts; mint one handful; diſtil and ſweeten with three quarters of a pound of ſugar.

A cordial MINT WATER.

Take two pound of mint, ſtrip the leaves from the ſtalks let them lie till the next day, then weigh them, take half a pound of liquorice, thin ſlic'd, two ounces of anniſeeds, the ſame quantity of carraway ſeeds; two pound of raiſins of the ſun ſton'd; ſteep theſe together in two gallons of claret, diſtil it off in an alembick or cold ſtill; and if you dont like it ſo hot and ſtrong, drop on a little fine ſugar through a bag of ſaffron.

MONKS RHUBARB.

A water diſtill'd from the roots of this plant is good for tetters, pimples, the itch, and taking away all ſpots in the face.

The decoction of it in wine, and made uſe of for ſome days, cures the jaundice.

MOSS grows upon oaks poplars, cedars, firs, pines and larch trees, but that on the laſt is the beſt and moſt odoriferous.

Moſs is of an aſtringent nature and but moderately cold.

Half a dram of the ſweet ſmelling moſs in wine is preſcrib'd for the ſtoppage of urine; and three drams of it is good for bringing away dropſical water.

The wine in which moſs has been infus'd is very ſoporifick, cauſing ſound ſleep. Moſs dry'd and reduc'd to powder ſtops bleeding.

A decoction of moſs is refreſhing to the ſpirits, and given with oil is good againſt laſſitude or wearineſs: it is good againſt faintings and riſings in the ſtomach; ſtops vomiting and binds the body.

MORILLES.

Theſe plants are a ſingular rarity, and make an excellent diſh, either broil'd or ſtew'd.

They are a ſort of muſhroom with a long cap, ſhrivelled and appearing ſomewhat like an honey comb, and where theſe are found, the earth they grow in has ſuch ſtringy parts in it as will produce others; and therefore thoſe that are lovers of them may in the month of *April* collect the earth to make beds with to produce others; but the earth muſt be kept very dry, for a little wet will rot the ſtrings.

This plant is very frequent in woody places and on dry banks under trees; there are abundance of them to be found in the north part of *Eſſex*, and in *Cambridgeſhire*, about *Triplow*, *Newmarket*, *Cheſterford*, *Elmden*, and near *Walden*, and in many other places; but they are not yet well enough known to be common in our markets.

MORILLES *in Ragout.*

Let them be freſh gathered, take off the roots, and waſh them in many waters, for the wrinkles in their tops harbour a great deal of dirt and ſand; then ſlit them lengthways and fry them in a little ſtew-pan with butter and hog's-lard, letting it be very hot when you put in the morilles; then ſet them by to drain, and put them into a freſh ſtew-pan with gravey, in which ſhred ſome parſley and chervil very ſmall, with a young onion, ſome ſalt, and a little nutmeg; let theſe ſtew gently, and ſend them up to the table, garniſh'd with ſlices of lemon, or they may be ſent to the table in cream.

To fry MORILLES.

Prepare as is before directed, and boil them in a little gravey gently, and when they begin to be tender take them out of the liquor, and flour them very well; then fry them in hog's-lard: When they are thus prepared, make a ſauce for them of the liquor or gravey the morilles were ſtew'd in, ſeaſoned with ſalt, nutmeg, and a little juice of lemon.

MOTHER-WORT *of the Garden.*

To this plant are aſcrib'd the following vertues, *viz.* that it is opening and inciſive, that it forwards the *Menſes*, and is helpful

helpful to women in labour, with a dead child, and to bring away the after-burthen.

MOUNTAIN FLAX.

This plant is a rough, harſh purge, and powerfully deterges and evacuates viſcid and watery humours, from the moſt remote lodgments; but it is only fit for perſons of a robuſt conſtitution.

It is uſually infus'd or boil'd in ale or wine, a handful in a ſufficient quantity of liquor.

MUGWORT.

This plant is of a moderately heating and drying quality, and being boiled it is good for women to bathe in, to provoke their *Menſes*, and bring away the after-burthen; it is excellently good in obſtructions and removes the ſuppreſſion of urine: It is ſo great a friend to the womb, that it will let no impurities remain in it, and the bathing before-mentioned muſt be on the ſecret parts, and it will have that effect, as to bring away even a dead child.

The leaves of it being pounded with oil of bitter almonds, and apply'd to the ſtomach, allay the pains of it; the juice is alſo very good againſt the effects of opium.

The leaves being dry'd and powdered, and drank in wine to the quantity of three drams are very good for the ſciatica.

MUSSELS and *Cockles* may be pickled after the ſame manner as oiſters (ſee *Oiſters*) only with this difference, that muſſels and cockles, are to be taken out of their ſhells by ſetting them over the fire and opening them by heat; but before this you muſt waſh the ſhells very clean, and put them into a ſauce-pan without water, for they will produce liquor enough of themſelves; then as the ſhells open, take out the fiſh, and waſh them one by one well in ſalt water, and examine them carefully, *i. e.* eſpecially the muſſels, and take the beards off very clean, and alſo pick out the crabs, if any are in them, for they are poiſonous, and may eaſily be diſcovered, they lying in the mouth of the muſſel; they are commonly about the ſize of a pea, and of the ſhape of a ſea crab; but are properly ſea ſpiders,

But the muſſels themſelves, on which theſe crabs are found, are not unwholeſome; and it is nothing elſe but the eating

eating of this little animal, which has been the occaſion of people's ſwelling after they had eaten muſſels.

Having pick'd and well clean'd the muſſels or cockles, waſh'd and laid them to cool; then pour off the clear of the ſettled liquor, and boil it up with whole pepper, cloves, mace, ginger, and ſome bay-leaves, and add to it about a fourth part of white wine vinegar, and having let it ſtand till it is quite cold, put the fiſh into proper pots or little barrels, and pour the liquor upon them till they are covered, then ſtop them up cloſe, and they will keep good two or three months, if the liquor is now and then boil'd up, but it muſt be always cold before it is put to the fiſh.

Muſſels and cockles may likewiſe be ſtew'd and grill'd in ſcallop ſhells, after the ſame manner that oiſters are done.

The muſſels after they have been well pick'd and cleans'd, are ſometimes flour'd and fry'd, and eaten with butter and muſtard, and the *French* make rich ſoups of them.

MULBERRIES.

Before they are ripe they are of a cooling, drying quality, are extremely aſtringent, and very good for inflammations in the mouth and throat.

When they are ripe, they are moderately moiſtening and cooling, quench thirſt, reſtore the appetite, and are friendly to the ſtomach, but they are not very nouriſhing; they are beſt to be eaten faſting, for after victuals, if they meet with any other ill juices they are apt to corrupt.

To preſerve MULBERRIES *dry.*

Let the mulberries not be too ripe; but rather a reddiſh green and tart, and having prepar'd a quantity of ſugar equal to the mulberries, and brought it to its blown quality, throw in the mulberries, and give them a covered boiling; the ſugar alſo may be melted with the juice of mulberries to clarify it. When they have boil'd take the pan from the fire, ſcum it, and ſet it in the ſtove till the next day; then take them out, drain them from the ſyrup, and having dreſs'd them on ſlates, ſet them in a ſtove to dry, having firſt ſtrew'd them with ſugar. Turn them on the ſlates while they are drying, and put them up in boxes for uſe.

MUSHROOMS are produc'd plentifully in the fields in *September*, and therefore this is the propereſt time to provide them for making of ketchup and muſhroom gravy, and *September* is alſo a proper time, for indeed thoſe who have muſhroom beds may do theſe works at any time of the year.

You may take notice that the beſt muſhrooms have their gills of a fleſh colour, even while they are in button, and as they tend to ſpread in their head, or to open their cap the gills turn redder, till at length when their heads are fully ſpread open, they will become quite black.

Theſe large flap muſhrooms are all good for ſtewing or broiling, ſo long as they have no worms in them, and the gills are then in the beſt ſtate for making *ketchup* or muſhroom gravey; altho' the red gills will do; but the ſmaller buttons are what moſt people covet for pickling.

In gathering muſhrooms you will not fail to meet with ſome of all ſizes; the very ſmall for pickling, the large buttons for ſtewing or making muſhroom loaves and muſhroom gravey; and the large flaps for broiling or making ragoos, or ſtewing and ketchup. Therefore there may be three or four parcels made of them.

The cleaning of muſhrooms or preparing them for any of the above uſes will afford nothing but what is uſeful; the parings ſhould be ſav'd by themſelves to be waſh'd in order for making muſhroom gravy; the gills are to be ſaved by themſelves for making either ketchup or muſhroom gravy; and the parts towards the roots, and the roots themſelves muſt be kept to dry in the ſun or a warm room to raiſe muſhrooms from, eſpecially if they are of a large good ſort that have red gills for thoſe that have white gills prove oftentimes unwholeſome, and are apt to turn yellow, when they are cut and put in water; however theſe are eaten by ſome perſons. But as there are ſome with white that are deadly, it is dangerous for unſkilful perſons to meddle with any of that ſort.

MUSHROOM.

There is a ſort of muſhroom, hony-comb'd like the morille but much rougher and of a browniſh colour and hollow, ſometimes as large as a great turnip, ſometimes ſhewing a ſtalk and ſometimes not at all. It is generally found at the root of an elm tree or on a bank ſide, theſe are ſold in *Eſſex* for morilles, tho' they be not. But however theſe are very good either broil'd or ſtew'd.

MUSHROOM GRAVEY

Having cleanſed the muſhrooms, ſave the parings, and waſh them well from the dirt, and then put to them the gills which have been taken from the large bottoms, and then put them into a ſauce-pan with a very little water, ſtirring them after till you have gotten all the juice from them, and ſet it by to cool; or elſe till you have ſtew'd the muſhrooms from which you pared them; and then add the liquor, of the ſtew'd muſhrooms to the ſaid liquor and boil them together, with about eighty cloves, a dram of mace, and two drams of whole pepper to every quart of liquor, boil it to the conſumption of the third part, then ſtrain it through a ſieve into a dry earthen pan, let it ſtand 'till it is cold, and then put it up into dry bottles as directed for ketchup, that it may not grow mouldy; tie a piece of bladder or leather over the corks firſt ſoftened in warm water, and ſet them in a dry place, and it will keep a long time.

MUSHROOMS *to pickle white.*

Take ſmall buttons of muſhrooms, cut off their roots, and having waſhed them well with a flannel dipt in water fling them into clean water, in which let them lie two hours; then put them into freſh water in a well tinn'd or glaz'd earthen veſſel, and give them a little boil to ſoften them, then take them out immediately and throw them into cold water, letting them lie till they are quite cold; then take them out, or pour the water from them, and dry them well with a linnen cloth, and put them either into a wide neck'd bottle or glaz'd earthen veſſel, laying here and there three or four bay leaves, to each quart, a couple of nutmegs cut into quarters, and a quarter of an ounce of mace; and having boil'd white wine and vinegar in equal quantities, as much as will cover the muſhrooms; let the pickle be cold, and put it to them into bottles or pots, corking or ſtopping them down cloſe, and tying a wet bladder over them.

Boil not the ſpice with the pickle, leaſt they ſhould cauſe the muſhrooms to turn black; and if the pickle be pour'd on them hot, it would immediatly draw a colour from the ſpices, which would darken the colour of the muſhrooms.

To pickle MUSHROOMS.

Let your muſhrooms be the ſmalleſt buttons, cut off the bottom of the ſtalk, and throw them into water and ſalt; then rub them very clean with a coarſe cloth or flannel, and throw them into another pan of clean water.

Boil them in milk and water; lay them out on a clean cloth, and when they are dry put them into glaſſes with white pepper corns, a good quantity of mace; make the pickle of half white wine, and half good ſharp vinegar.

Some put it to the muſhrooms unboil'd; but if it be boil'd it muſt ſtand to be cold before it is put to the muſhrooms. Pour ſome good oil on the top of the pickle, this keeps them beſt. Small glaſſes are beſt for keeping them in, becauſe when they have once taken air, they ſoon decay.

Of MUSHROOMS, *to keep.*

Auguſt is a good time for getting them, if it does not happen to be too wet; but they ſhould be chiefly ſuch as are newly opened in their caps before the gills turn black.

Take off the gills very clean, and wipe the caps with wet flannel, and as ſoon as they are a little dry run a ſtring through them, and hang them up in a room where there is a fire at ſome diſtance, turning them now and then till they are ſo dry that they may be powdered; then put them up into dry bottles, with wide mouths, ſtop them cloſe, ſet them up in a dry place, or they may be dry'd in ovens after bread is drawn; but not in an oven in its full heat, for that will be too ſtrong for them.

Muſhroom, ſays a certain gentleman, is not only a good foundation for any high ſauces; but is of it ſelf a good meat to be dreſs'd after any manner; either to compoſe a white or brown fricaſſey, but to be fry'd or broil'd, or bak'd in pyes with common ſeaſoning, and will ſupply the place of fleſh, better than any thing that has yet been found out.

To keep MUSHROOMS *without Pickle.*

Let them be large ones, peel them, and take out all the inſide, lay them in water for ſeveral hours; then ſtew them in their own liquor, and lay them on tin plates, as you do artichoke bottoms in a cool oven; repeat this till they are perfectly dry; tie them down and keep them dry; you may in the ſtewing put in ſome mace and pepper.

To prepare MUSHROOMS *for eating.*

Let them be freſh gathered, and chuſe only ſuch as are free from worms, which may be eaſily perceiv'd by cutting the ſtems croſs-wiſe, pare off the peel and gills, cut the large muſhrooms in pieces of the bigneſs of nutmegs; throw them into water, and alſo the ſtems and caps, for they are both good; then waſh them well and ſtew them in a ſauce-pan, without putting any liquor to them, or ſalt or ſpice, till they have diſcharged a great deal of their own liquor, and begin to grow tender; when you will find they will have ſhrunk into a very narrow compaſs; then pour the greateſt part of the liquor from them, with which you may make muſhroom gravey.

Then ſeaſon them with ſalt, pepper and mace; and what other ingredients you pleaſe, that will not rob the muſhrooms too much of their own natural flavour, and ſtir them frequently till they are enough; then give them a ſauce of white wine and butter, and they will be an excellent diſh, or you may brown them with burnt butter, or make a ragoo of them.

To broil the Caps of MUSHROOMS.

Let them be of large muſhrooms, rub them with butter on both ſides, ſeaſon them with a ſtrewing of pepper and ſalt, and broil them till they are quite hot through, turning them twice or thrice, and when they come to be cut they will produce their own ſauce. Or,

You may make a pretty thick batter of flour, water, milk and eggs, dip them in this and fry them as you do tripe, and let the ſauce be butter, white wine and ſome muſhroom gravey well mixt together.

Flour of MUSTARD.

There are two ſorts of muſtard, *viz.* the black and the white; the black is a ſmall grain, and the white larger.

The black is accounted the beſt and ſtrongeſt; but uſe which you will, ſee that it be not muſty; which proceeds from the ſeed being gathered in the wet or with the dew upon it, and laying it cloſe together before it is threſh'd.

Grind the ſeed in a mill, a coffee mill will do, if it be freſh and free from any ſavour or taint.

When

When you have ground it, you may ſift it, if you pleaſe in a ſieve, and put it up into vials with open mouths, and preſs it down cloſe, and ſo keep it cloſe ſtopp'd with a bladder for uſe.

When you want muſtard take a ſpoonful or two of this flour, and as much boiling liquor, out of a pot where beef or pork is boiled, and it will be of the conſiſtence you deſire, only ſtirring it well till it is mixt; or you may boil a little ſalt and water, and mix with the flour, which will do well enough.

MUSTARD *very excellent.*

Procure the whiteſt ſeed you can, caſt it into water two or three times, till no more of the huſks will ſwim at the top; then take the ſound, which has ſunk to the bottom, and dry it very well, with warm coarſe cloths, and ſet it a little while before the fire; then pound it fine enough to paſs through a tiffany ſieve; then having ſlic'd ſome horſe-radiſh, and laid it in ſteep in ſtrong vinegar, with a little lump of ſugar (which ſome leave out) to temper the flour with; and having poured it off from the horſe radiſh, put it all into a well glaz'd pot, with an onion or two, and having ſtopp'd it well with a cork, tie a bladder over it.

But this may be farther improv'd to make it yet more excellent, if inſtead of vinegar, water only or ſome good broth of powdered beef be made uſe of, and ſome of this muſtard, adding verjuice, ſugar, claret wine, and juice of lemon, it will be an excellent ſauce for fleſh or fiſh.

To Collar a Breaſt of MUTTON.

Bone the breaſt of mutton, and take out all the griſtles; then rub it all over with the yolks of eggs; ſeaſon it with pepper, ſalt, nutmeg, ſweet marjoram, thyme and parſley cut ſmall, to which you may add a ſhalot; waſh an anchovy, mince it ſmall, and ſtrew all this over the meat; roll it up hard, and tie it with a tape, and put it into boiling water; when it is boil'd tender, take it out and cut it into round ſlices, but not too thin; pour over it a ſauce, made of gravey, ſpice, anchovy, claret, onion, a few ſweet herbs ſtrain'd and thickened with butter and ſhred pickles. Garniſh with pickles.

To roaſt a Shoulder of MUTTON *like* VENISON.

Skin the ſhoulder of mutton, and lay it in the freſh blood of a ſheep for ſix or eight hours; then waſh it in water and ſalt, and after that in vinegar; or elſe you may lay it in ſteep in an infuſion of a quarter of an ounce of *Braſile* wood raſp'd, in ſix quarts of warm water for four hours; or you may ſet it into a gentle oven with water and ſalt, and a piece of *Braſile* wood in it for half an hour; either of which will give it a colour.

Then roaſt it, and baſte it with well water and ſalt, till it is almoſt enough; then ſprinkle it with ſalt, raſpings of bread, and a little flour well mixt.

For the ſauce, boil cinnamon in claret, add crumbs of bread grated, and ſweeten with ſugar: Or you may do it without the crumbs of bread, in ſaucers.

But in the diſh with the ſhoulder of mutton, put ſtrong beef gravey, or ſauce made of beef glue.

A Neck of MUTTON *ragoo'd.*

Clear a neck of mutton from the ſkin and bones; ſalt it a little, and let it lie till the next day; in the mean time bake the bones in half a pint of water and half a pint of claret, ſeaſoning with a ſlice or two of fat bacon, ſalt, ſpice, a faggot of ſweet herbs and a little lemon peel, and ſtrain it.

Put the mutton and gravy in a ſtew-pan, having firſt larded the fat part of the mutton with lemon peel, and the leaner part with ſlips of fat bacon; then ſtrew over it grated bread and ſpice, for the gravey will not cover it; ſhut the pan cloſe, ſet it over a gentle fire, and let it ſtew for four hours.

When it is enough lay it in a diſh, and thicken the ſauce with burnt butter, adding a pint of muſhroom buttons either freſh and parboil'd or pickled; toſs them up till they are hot; then pour them all over the meat, and ſerve it hot.

Let the garniſh be ſlic'd lemon, red beet roots pickled and ſlic'd; horſe-radiſh ſcrap'd and capers.

To roaſt a Shoulder of MUTTON, *with a Farce of* OISTERS.

Slip the ſkin of the mutton almoſt to the joint of the leg; then having cut the fleſh from the bone on the upper ſide, Mince it; then take part of that, and as many oiſters parboil'd without their fins and chopt a little; ſeaſon with ſalt, pepper;

pepper; mace powdered, lemon peel grated; adding the yolk of an egg or two and ſome grated bread, and having made theſe into a paſte, lay it into thoſe places out of which you took the fleſh; you may alſo add to this paſte a little fat bacon chopt ſmall or butter. Having put in this ſtuffing, ſkewer the ſkin over it on all ſides and lard it and the fleſhy parts below with lemon peel, or lemon thyme.

Then ſkewer it on the ſpit, roaſt it, baſting it with butter and flour it well.

Let the ſauce be ſtew'd oiſters, ſtew'd muſhrooms, mace, a little gravey and a little white wine, with crumbs of bread; garniſh with ſlices of lemon and red beet root, pickled and ſlic'd, and ſerve it hot.

A ſhoulder of lamb may be done the ſame way.

To roaſt a Collar of MUTTON.

Take a coaſt of mutton, which is the neck and breaſt together, ſkin it in the whole piece; then parboil it, and having prepar'd a mixture of crumbs of bread, ſeaſoned with ſalt, pepper, nutmeg or ſweet marjoram powdered (which anſwers the end of moſt ſpices) and a little lemon peel grated; or inſtead of the marjoram you may uſe a little dry'd ſweet baſil. Boil ſix eggs hard, beat the yolks in a mortar with ſix ounces of butter: and having mix'd this with the foremen-tioned ingredients; cover the inſide of the mutton all over with this mixture, and roll it up as cloſe as you can, and ſpit it through the middle lengthways; baſte with butter and ſalt it every now and then, and ſtrew upon it the gratings of cruſt of bread with the before mentioned ſeaſoning, juſt before it is enough. Serve it up with ſtrong gravey and lemon or orange juice, and garniſh with lemon or orange ſlic'd, or you may, if you pleaſe, garniſh with fry'd oiſters.

MYRTLE.

The leaves and berries of this plant are cooling, aſtringent and drying.

The berries with wine and honey, are good to heal the noiſome *Polypus*; and the powder corrects the rankneſs of the arm-pits: The berries mitigate the inflammation of the eyes, and conſolidate broken bones.

A decoction of the leaves will render the hair black; the fruit being eaten, admirably fortifies the heart.

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NARCISSUS. The medicinal vertues aſcrib'd to this plant are; that the root of it being boil'd, whether it be eaten or drank in a decoction, will cauſe a vomit.

If apply'd with honey to the place, it is admirably good for burns; if applied to cut nerves it is good to heal them. Some mix it with hony and make a ſovereign plaſter of it for diſlocations and ſprains; as alſo for inveterate pains in the joints.

Being mix'd with vinegar and nettle ſeeds, it takes away freckles and redneſs in the face.

It is good for cleanſing ulcers, breaking impoſtumes; and being uſed with honey and the tares that grow among corn, it removes all the ill humours that are lodg'd in the body.

To pickle NASTURTIUM *Seeds.*

The ſeeds being full grown and gathered in a dry day put them in ſalt and water for two or three days; then boil ſome vinegar with mace, ginger ſlic'd and a few bay leaves for a quarter of an hour, and pour it upon them boiling hot into a jar, and cover them with a folded cloth, repeat the boiling and ſcalding them with it for three days ſucceſſivly, and when you pour it on the laſt time let it ſtand to cold before you ſtop it up, which is to be done very cloſe in a jar.

N. B. The covering them with a folded cloth while hot, will let ſome of the ſteam of the pickle paſs through it, and this will prevent the pickle from growing mouldy ſo ſoon as it otherwiſe does.

Theſe, and all other pickles ſhould be ſet in a dry place, and look'd into once a month, leaſt they grow mouldy, which if you find they incline to do, boil the pickle afreſh, and pour it on them as before.

To roaſt a NEATS TONGUE

Take a large neats tongue, ſalt it in the following manner. With three pints of common ſalt, mix half a pound of

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bay ſalt, and a quarter of a pound of ſalt petre; which will be enough for four tongues, let the tongues lie for three weeks; then boil them till the ſkin may be peel'd off; and then ſtick them with cloves at about an inch diſtance one from the other; then ſpit it, and wrap a veal caul over it till it is roaſted enough; then take off the caul, and juſt froth it up in a diſh with gravy.

Serve with it in ſaucers the following compoſition.

Grate a penny loaf into a pint of water, and half a pint of claret, then boil it till it is thick, with two or three chips of cinnamon, and ſweeten it to your pallate; ſtrew ſome ſifted raſpings of bread about the diſh, and garniſh with ſlices of lemon.

To Pot a NEATS TONGUE

Pickle them red as is done for drying them, and when you ſuppoſe them to be fit for drying; boil them till they are very tender; then take them out, peel them, and rub them all over with pepper, cloves and mace; then turning them round, lay them in a pot to be bak'd, cutting off their roots; cover them with butter, bake them with bread; and when they come out of the oven pour off the gravy, and let the ſame butter ſerve them when clear'd; and if you think there is not enough add ſome more clarified.

Another Way.

In the north of *England* they order them as follows:

They ſalt them with common ſalt, petre ſalt and ſome ſalt petre, which will make them look red; when they are ſalted enough, *i. e.* (about ten Days) then they half boil them, and ſome that are very curious ſkin them and ſeaſon them high with ſpice, and afterwards bake them till they are very tender, then drain them well, pack them cloſe, and cover them with the beſt melted butter.

When tht butter is cold, tie them well over, and ſet them by for uſe.

In *France*, it is a uſual practice where tongues are thus prepared to cleanſe and ſoften ox bladders in warm water, and to draw them over the tongues, while the bladders are moiſt; and thus they will keep well a long time, and eat very tender.

To pickle NEATS TONGUES.

Let the tongues lie 12 days in common ſalt and ſalt-petre; then boil them very tender and peel them; cut off the roots and lay them in a pot, and pour over thom a pickle made with good white wine vinegar, boiled up with pepper, cloves, mace, and a little ginger; and when it is ready to take off the fire, throw in a piece of lemon peel, and three or four bay leaves; put not this pickle to the tongues before it is cold; then tie them up cloſe, to keep them from the air. The ſauce to them is a little of the pickle, with good oil.

A NEATS TONGUE PUDDING.

Boil a neats tongue without ſalting it; blanch it; let it ſtand to be cold, then either mince or grate it very fine; mix with it a penny loaf grated, a pint and three quarters of cream, the yolks of eight, and whites of four eggs; beaten and ſtrain'd; then add one or two ſpoonfuls of ſack, a little ſalt, beaten cloves and mace, and ſugar to your palate; a few currants and ſome candy'd citron peel; ſheet the diſh with puff paſte, put in the pudding and ſtick it all over with pieces of marrow.

A NEATS FOOT PUDDING.

Mince a pound of neats foot very fine, and alſo three quarters of a pound of ſuet, grate to it a whole nutmeg; add candied orange alſo ſhred ſmall, ſome ſalt, currants and a little grated bread, and ſeven eggs (leaving out three of the whites) flour the pudding bag, and boil it for at leaſt two hours and a half. Let the ſauce be ſack, butter, and ſugar melted.

NETTLES are inciſive and opening, they are good for diſſolving the ſtone in the kidneys or bladder; for ſtopping the ſpreading of a gangrene, if bruis'd and applied to the part affected.

A water diſtill'd from their leaves and flowers in *July*, and drank, morning, noon and night, to the quantity of three ounces, is good againſt the cholick, ſtone in the bladder, inveterate coughs, worms and wind.

It is an excellent remedy for hot uleers and the biting of mad dogs, if apply'd outwardly on a linen; alſo for cancers, fiſtulas, gout and ſwollen feet.

A nettle applied to the forehead, cures a *Polypus* in the noſe, and ſtops the bleeding of the noſe.

The Stinking or Dead NETTLE.

The leaves, ſtem, juice and ſeed of this nettle diſſolves all ſorts of hard bumps, cankers, impoſthumes, and evil ſwellings, being applied warm twice a day in the form of a cataplaſm; the ſame incorporated with vinegar and being applied with ſalt, is good for rotten, corroding ulcers and cancers.

The leaves eſpecially and root of the dead nettle, being pounded and applied to the noſe, ſtops the bleeding of it, as the others do; and the juice applied to the forehead will have the ſame effect.

An ointment made of the leaves of nettle, ſalt and oil will keep the parts of the body from all colds and ſhiverings.

NIGHTSHADE.

The juice of the leaves or fruit of this plant mixt with oil of roſes and a little vinegar is admirably good for a burning pain in the head, and the inflammation of the brain and madneſs, being applied on linnen cloth upon the forehead.

The juice of it being dropp'd into the ears, forthwith removes the pain in them.

Nightſhade is of a refreſhing nature, promotes ſleep, is good for St. *Anthony*'s fire, inflammation of the breaſt; headache and burning fevers.

For Sore NIPPLES.

Take a quarter of a pound of red lead, half an ounce of roſin, three ounces of bees wax, half an ounce of red ſealing wax; put all theſe into half a pint of ſallad oil, and boil them to a ſalve; as ſoon as you perceive it turn black, take it off the fire, for it is enough; then turn it out immediately or it will be too hard.

When you would uſe it, melt it and anoint the part aggriev'd with your finger, or ſpread it on a cloth and keep a plaiſter on it.

Another for the Same.

Boil an ounce of bees wax in the ſame quantity of ſallad oil, colour it with alcany roots; when it is of a fine red colour,

colour, ſtrain it and drop into it ſix pennyworth of balſam of *Peru*; then pour it into the bottom of tea cups, that it may be form'd into ſmall cakes.

Another.

Infuſe the ſeed of quinces in white roſe water; ſtrain it thro' a piece of muſlin, and waſh the nipples often with it.

NUNS BISCUIT.

Beat the whites of three eggs up to a froth; blanch and pound four ounces of almonds with the froth of the eggs as it riſes; then take the yolks and beat them well with half a pound of fine ſugar, and mix the almonds with the eggs and ſugar; add two ounces of flour, with a lemon peel and ſome citron finely ſhred; bake them in little cake pans in a quick oven, and when they are coloured, turn them on the tins, that the bottoms may harden; ſtrew over them double-refin'd ſugar finely ſifted, and ſet them in the oven again.

Remember to butter the pans, and not to fill them more than half.

NUTMEG is aſtringent and ſweetens the breath, it fortifies the liver and ſtomach, is good for th eye-ſight, provokes urine, ſtops a diarrhæa, expels wind, and is very good for fits of the mother.

If a nutmeg be boil'd in ſix ounces of roſe honey, and two ounces of brandy till the water be all conſumed, and then ſtrained, it will cure the ſtomach ache by taking three ſpoonfuls of it faſting, eſpecially if the pain proceeds from a cold cauſe.

Nutmegs help the memory and digeſtion, expel wind, bind up the body, ſoften the hardneſs of the ſpleen and liver, and take ſpots out of the face.

NUTMEG WATER.

Take ſix quarts of proof ſpirits, three quarts of water, nutmegs bruis'd four ounces, carraway ſeeds or orange peel half an ounce, infuſe, diſtil and ſweeten with one pound of loaf ſugar.

O

OAK MOSS.

THE white moſs of oaks makes the choiceſt cyprus powder good for the head.

Young oaken leaves boil'd in wine make an excellent gargariſm for the mouth; and almoſt every part of an oak is ſovereign againſt fluxes.

The dew that impearls the leaves of the oak in the month of *May*, inſolated, ſend up a liquor of excellent effect in ruptures.

Coals of oaken pounded and mingled with honey is good for the cure of carbuncles.

A multitude of remedies are made of the viſcous polypody and other excreſcencies of the oak as alſo noble antidotes and ſyrups.

OAK *of Jeruſalem or* OAK *of Paradiſe.*

Is an herb which has very near the ſame vertues as thyme, and is good againſt ſtoppage of urine; a decoction of it with liquoriſh is very good for ſhortneſs of breath and aſthma's if a little ſyrup of violets be added to it.

The herb being fry'd and moiſtened with malmſey wine and apply'd to the belly allays the cholick, and is more efficacious, if the leaves of mugwort be added to it, as alſo camomile flowers all fry'd with oil of lilies and yolks of eggs.

The leaves being dry'd and put among clothes gives them an agreeable ſmell and alſo preſerves them from moths.

OAT-CAKES.

Take very fine flour of oatmeal, mix it well with new ale yeaſt, making it all ſtiff dough or paſte and form it into little cakes, roll them out very thin, and lay them on an iron or baking ſtone, making a gentle fire under them, as they bake turn them, and alſo the edges of them round on the iron that they may be baked alſo; they will require but a quarter of an hour to bake them.

A little before you take them off, turn them on the other

ſide only to flat them; for if you turn them too ſoon it will hinder their riſing; the baking iron or ſtone muſt ſtand at ſome diſtance from the fire.

Oats are very often put into a bag which being moiſtened with vinegar and apply'd very hot to the belly allay the pains of the cholick and womb.

Oats boil'd in wine, take away ſpots and freckles.

An OATMEAL PUDDING.

Put a pint of whole oatmeal into a quart of milk juſt warm; let the oatmeal be clean pick'd, let it lie to ſoak two hours; then add half a pound of currants; a quarter of a pound of raiſins ſton'd, a little ſalt, half a pound of butter, and a quarter of a pound of ſugar; then put it in a bag and boil it; but if you bake it, lay marrow on the top.

A Method of Brewing ALE *or* OCTOBER *Beer, from* NOTTINGHAM.

Suppoſing the copper to hold 24 gallons and the maſhing tub large enough to hold four buſhels and more of malt, the firſt full copper of boiling water is put into the maſhing tub, and having lain on the malt for a quarter of an hour till the ſteam is ſo far ſpent that one can ſee his face in it, or as ſoon as the hot water is put in, a pail full or two of cold water is thrown into it, which at once brings it into temper, then three buſhels of malt are poured leiſurely into it, being ſtirred or maſhed all the while it is putting in; but as little as can be or no more than will juſt keep the malt from clotting or balling; this being done one buſhel of dry malt is put on the top to keep in the vapour or ſpirit, then it is covered up, and let ſtand for two hours, or till another copper full of water is boiling hot; this is laded over the malt by three hand bowls full at a time, which are to run off at cock or tap by a very ſmall ſtream, before more is put in; which again is return'd into the maſhing tub, till it comes off exceeding fine; for if the wort is not clear when it goes into the copper; there are but ſmall hopes it will be ſo in the barrel. The brewing after this leiſurely manner requires 16 hours to brew four buſhels of malt.

Now between the ladings out of the copper cold water is put into the copper to be boiling hot, while the other is running off; and by this means the copper it kept up near full, and the cock ſpending till near the end of brewing either ale

or ſmall beer, of which no more than 21 gallons are to be ſav'd of the firſt wort, which is reſerv'd in a tub, then four ounces of hops are put in, and then it is ſet by.

For the ſecond wort, ſuppoſe there are 20 gallons of water in the copper boiling hot, that muſt be all laded over in the ſame manner as the former was, but no cold water need here be mixed; when half of this is run out into a tub, it muſt directly be put into the copper, with half of the firſt wort, ſtrain'd thro' the brewing ſieve, as it lies on a ſmall looſe wooden frame over the copper, to keep back thoſe hops which were firſt put in to preſerve it; which is to make the firſt copper 21 gallons.

Then upon its beginning to boil a pound of hops is put into one or two canvas or other coarſe linen bags, ſomething larger than will juſt contain the hops, that they may have room to ſwell; theſe are boil'd away briſkly for half an hour; then the hops are taken out, and the wort is continued boiling by it ſelf till it breaks into particles, a little ragged, and then it is enough and muſt be diſperſed into the cooling veſſels very thin.

Then the remainder of the firſt and ſecond wort are put together at the ſame time, in the ſame manner and with the ſame quantity of freſh hops as the firſt was.

The reſt of the third or ſmall beer wort will be about 15 or 20 gallons more or leſs, this is directly mixt with cold water to keep it free from exciſe, and this is put into the copper as the firſt liquor to begin a ſecond brewing of ale with another four buſhels of malt, as was done before and ſo on for ſeveral days together if neceſſary; but at laſt there may be ſome ſmall beer made; but ſome make none; but make uſe of the grains in feeding their hogs.

Obſervations made on the preceeding Method.

The firſt copper of 24 gallons is but ſufficient to wet three buſhels of malt, and by the addition of cold water as the hot is drawn off, it is no matter how much the malt drinks up, tho' a third part of water is generally allow'd for that purpoſe, which is never return'd.

By the leiſurely pouring on the bowls of water, the goodneſs of the malt is more extracted and waſhed out, ſo that more ale may be made this way and leſs ſmall beer, than if the wort was drawn out haſtily; and beſides this the wort has a greater opportunity of coming off finer by a ſlow ſtream,

than

than by a quicker; whereby this method excels all others, that diſcharge the wort more haſtily out of the maſh tub.

Alſo by the continual running of the cock or tap, the grains are in no danger of ſouring, which often happens in ſummer brewings, eſpecially when the cock is ſtopp'd between the ſeveral boilings of the wort; which has been the cauſe of damaging or ſpoiling many guiles of drink.

In this way of brewing ſuch a confidence is repos'd in the hops to preſerve the wort from fixing even in the very hotteſt time of ſummer, that all the firſt running is put into one tub, till there is an opportunity of boiling it, and if tubs and room are wanting, that there is a neceſſity of laying the wort thick to cool, then the ſecurity of ſome freſh hops (and not them already boil'd or ſoak'd) may be put into it, which may be gotten out again by letting the drink run through the cullender, and after that a hair ſieve, to keep the ſeeds of the hop back as the drink is putting up into the barrel.

But this way of putting hops into the cooling tubs is only meant where there is a neceſſity and tubs and room enough can't be had to lay the wort in.

By this method of brewing ale may be made as ſtrong or ſmall as you pleaſe, and ſo may the ſmall beer, that comes after and is ſo agreeable that ale and ſtrong keeping *October* beer are made all one and the ſame way, excepting this difference, that the latter is ſtronger and more hopp'd than the former.

Where little or no ſmall beer is wanted, either little or none may be brew'd, by this way of working, which is a conſiderable conveniency where little ſmall beer is required; nor is there any loſs in leaving the grains in ſome heart, where horſes, hogs, cows or rabbits are kept.

The vulgar error of boiling ſtrong wort only till they break or curdle in the copper, has been for many years a ſtandard ſign to the ignorant; and this will ſometimes be in three quarters of an hour, at others in an hour or more according to the qualities of the malt and water.

But there is good reaſon to diſſent from this practice in ſome meaſure, as there is likewiſe from thoſe who boil their worts two or three hours, for this is certain that the longer worts are ſuffered to boil, the thicker they will be; becauſe the watery or thin parts do firſt evaporate, and by how much the thicker any drink is boil'd, the longer it requires to lie in the barrel, in order to have its particles broken, which then is to be effected only by age.

Therefore in the articles BOILING and WORTS there

are to be found fixed times and ſigns to known when wort is really enough boil'd, and that a perſon of an ordinary capacity may be in a little time judge of, by which the prodigious loſſes in the waſte of ſtrong worts may be prevented which would otherwiſe be boil'd away to more loſs in the quantity than profit in the goodneſs of the drink.

To fry OISTERS *for Garniſh, or for a Plate.*

Make a batter of eggs and flour, crums of bread, and a little mace beaten fine, and having ſtew'd ſome large oiſters in their own liquor, wipe them dry and flour them, then dip them in the batter and fry them in very hot butter, or lard or the ſeam of an hog; and they will be incruſtated or covered with a ſort of paſte which will be very agreeable either for a plate or to garniſh a diſh.

If you ſerve them up alone, do it with ſome of the liquor, a little butter, and a little white wine, having firſt boil'd ſome ſpices in the liquor.

To fry OISTERS *for Garniſh for Fiſh*, &c.

Firſt waſh them in their own liquor, and dry them well; then having yolks of eggs beaten up with ſalt and ſpice and flour ſufficient to make it thick enough to hang on the oiſters, fry them quick in clarified beef ſuet.

To PICKLE OISTERS.

Take a peck of large oiſters, open them carefully without mangling them; waſh them three or four times in their own liquor; then ſtrain the liquor and put that into a ſkillet; when it boils put in the oiſters with half an ounce of white pepper, and five or ſix blades of mace, boil them till they begin to ſhrivel up, then take them out of the liquor and cover them cloſe; and boil the ſpice and liquor for a quarter of an hour longer; then pour it upon the oiſters; and take care always to never let them be expos'd to the air more than what can poſſible be avoided.

Another Way.

Let them be large, open them, ſave the liquor, let it ſtand to ſettle; then pour off the clear into a ſtew-pan, and waſh the oiſters in water and ſalt; then boil them gently in their own

own liquor, ſo that they be not too hard; put to them a few cloves, ſome whole pepper, a little ginger, a little mace and a bay leaf or two, and let the liquor boil, ptting to it a fourth part of white wine vinegar; then boil it a little more; then take them off and ſet it by till it is quite cold.

When they are cold put them into jars or gally-pots and pour the liquor with the ſpice cold upon them, and cloſe them down with leather.

To roaſt OISTERS.

Let your oiſters be large, waſh them clean; and having a batter of milk, flour, mace powdered, a little pepper and eggs; dip the oiſters into it, and then into grated bread and powdered mace; put them on a ſkewer broadſide to broadſide or upon ſilver lark ſpits and lay them to the fire; then flour them well; baſting them with butter till they are enough.

While they are roaſting prepare the following ſauce.

Take the oiſter liquor into which put crumbs of bread, ſalt and pepper, a little grated nutmeg, and a blade or two of mace, and boil them till the bread is like a pulp, and taſtes well of the ſpice; then add to it a glaſs of white wine, and having mix'd them well, pour it into a plate or diſh, and lay the oiſters in the ſauce, and ſerve them up hot.

To ſtew OISTERS.

Take a quart of oiſters and having clear'd them well from bits of ſhells, and other filth in their own liquor; then ſtrain that liquor, and put to it a large blade of mace, and a ſmall nutmeg ſlic'd and a little ſalt; boil the oiſters in it, ſcumming it clean; when they are almoſt enough; put in ſome parſly ſhred fine, and you may add a ſhalot if you like it; then ſhred the yolks of four eggs fine, put them in with near half a pound of butter; keep continually ſhaking them.

Another Way.

Let the oiſters be large, open them and ſave their liquor, which let ſettle and pour off the clear; put it into a ſtew-pan with ſome blades of mace, ſome whole pepper and a little grated nutmeg; let it boil gently till it is ſtrong enough of the ſpices, then put in the oiſters, let them ſtew gently

that

that they may not be hard; to theſe add a piece of butter and as much grated bread as will thicken the liquor of the oiſters, and juſt before you take them off the fire ſtir in a glaſs of white wine.

OISTERS *to Scollop.*

Put your oiſters into ſcollop ſhells, leaving the liquor, which ſet by to ſettle; then put a moderate quantity of liquor into each ſhell, with ſome whole pepper and a blade of mace; then put in a bit of butter, and cover all with grated bread; ſet them over the fire on a gridiron; and when they are enough, give the grated bread in the top of the ſhells a browning with a red hot iron, and ſerve them up.

OLD AGE.

To attain to an advanced old age, take three quarts of roſe water, ten ounces of orange and lemon peel dry'd in the ſhade; cinnamon, cloves and nutmegs, of each half a pound; red roſes that have not been gathered more than two days, two pounds, four pinches of roſemary tops, and two of laurel leaves, four handfuls of marjoram, as many of balm gentle, four pound of hyſop, as many of wild roſes.

Put all theſe together with roſe water, bed upon bed, into a glaſs alembick, and then diſtil them very gently in a *Balneo Mariæ* or *Bath Mary* and keep the water that comes out for uſe.

This water is not only endued with the vertue of prolonging to an extreme old age; but it will alſo add a freſhneſs in the complexion, will fortify all the parts of the body; expel ill humours, cures catarrhs, defluctions and palſies.

It will prevent infection ſeizing the heart in a time of peſtilence; is very good in cancers, and will forward womens *Menſes.*

It is good for diſorders of the heart, and cures the diſtempers of the ſtomach, eyes and teeth.

The doſe is about two ſpoonfuls, morning and evening; and rub any diſordered parts with it.

Another Way.

Take of the roots of the black hellebore, and alſo the leaves of the ſame, of each ſix handfuls, waſh them with good red

wine; bruiſe them ſmall, and put them into a tight veſſel and before you lute it put in three quarts of the beſt red wine, and let all boil in this bath for 24 hours, then ſtrain out the liquor, and put what remains into the preſs, and add what comes out from the preſs, after you have ſtrain'd and filtrated it, to the other, and throw away the dregs.

Take of black hellebore and red roſes, of each ſix handfuls, four drams and a half of cloves, and bruiſe the whole and add to it three quarts of good claret, and a chopine and an half of very good brandy; let the veſſel be well luted for a day and a night into a boiling bath; then ſtrain the liquor, preſs the remainder, put it to the firſt extraction and diſtil the ſame to the conſiſtence of hony.

Take three drams of ambergreaſe, and oriental ſaffron a dram and half to the diſtill'd water, diſtil them over again, cohobate the ſame three times; then add the ſalt that you have extracted from the feces to the quantity of ſeven ounces and a half, put the whole to the hony'd ſubſtance, and circulate for four days.

From 60 to 70 you may take half a ſpoonful every month; from 70 to 80 the ſame quantity every 15 days, and from 80 to the end of life, once a week.

OMELETS are a kind of pancakes which are made after divers ways.

An OMELET *with Sugar.*

Whip as many eggs as you think fit, put to them a little cream, ſalt and lemon peel minc'd very ſmall; beat all well together and make the omelet, ſugaring it in the frying-pan on the ſide that is coloured, and turning it while it is frying, lay it when done on a plate turn'd downwards, then ſtrew over it ſugar and lemon peel minc'd fine, and ice it all at once with a red hot iron or fire ſhovel and ſerve it up hot.

An OMELET *of green Beans, Peaſe, &c.*

Firſt ſlip the beans out of their ſkins, and fry them in good butter, with a little parſley and chibbol; then pour in a little milk cream and ſeaſon it and ſoak it over a gentle fire; make the omelet with new laid eggs and cream, and ſeaſon it with ſalt to your palate; when it is ready, dreſs it on a diſh

diſh, bind the beans with the yolks of eggs, turn them upon the omelet ſo that they may ſtick to the ſide of it, and ſerve it up hot to table.

ONIONS are better for uſe than taſte. If you eat very tender onions daily with honey faſting, you will enjoy better health than otherwiſe; except they are quite new, for the dry'd ones are better than the others.

Onions taken with the juice of fennel, will cure a dropſey, if taken at the beginning of the diſtemper.

Being ſnuffed up the noſe, it will purge the brain; and mix'd with hen fat, it will dry up the kibes.

If it be applied on a linnen cloth to wounds or hurts, it will allay the pain: Being mix'd with ſtrong vinegar, it will ſtop the bleeding of the noſe, being put up the noſtrils with a pledget.

The juice of onions is good to make the hair grow; cleanſe purulent ears, and takes away white ſpots, as well in the face as any other part of the body.

An onion roaſted and eaten with ſome ſugar, oil and vinegar, will cure a cough, is good in an aſthma and ſhortneſs of breath.

Take out the core of an onion, fill it with cummin ſeed powdered, ſtop up the hole, and roaſt it under hot aſhes, then ſqueeze out the juice, and put it into the ears, and it will help deafneſs and the buzzing of the ears.

An onion pounded with freſh butter, will aſſwage or allay the pain of the piles; and pounded with hony and ſalt, is a ſovereign remedy againſt the biting of mad dogs.

The thick coat of an onion burnt or roaſted under hot aſhes, will give eaſe in an inveterate head-ache and megrim; if a little bit of it be moiſtened with oil of roſes, and be put into the ear where the pain is.

An onion boiled in wine or water, and then fry'd in common oil, and applied to the navel by way of cataplaſm, is good to give eaſe in the gripes to lying-in women.

Take out the core of an onion, and fill it with treacle or mithridate, diſſolved and mix'd with lemon juice; then ſtop up the hole with the ſlice that was cut off, and roaſt it in hot aſhes, ſo long till they are incorporated and mix'd together, then ſqueeze out the juice of the roaſted onion, and give it to a perſon ſeiz'd with the plague, let him preſently lie down in his bed and be well covered, that he may ſweat, which if he do preſently he will recover. This remedy has not its equal.

To Boil ONIONS, *ſo that they ſhall loſe their Scent.*

Take the largeſt onions, cut off the ſtrings and the tops, without peeling off any of the ſkins; put them into ſalt and water and let them lie an hour, waſh them out, and put them into a kettle with a good quantity of water, and boil them till they are tender.

Then take them off, and take off as many ſkins as you think fit till you come to the white part; then pound them or bruiſe them, and toſs them up with either butter or cream, if for boil'd rabbits or a roaſted turkey.

You may if you pleaſe, bruiſe them and paſs them through a cullender, and then put cream to them, which is the niceſt way for a turkey. Or,

If you keep them whole, you may warm them in ſtrong gravy well drawn with ſpice and ſweet herbs, and thicken the gravy with burnt butter, adding a little white wine or claret, or a little ale.

This is ſauce for a roaſted turkey, or mutton or lamb roaſted.

ONIONS *in a Ragoe.*

Roaſt large onions in hot aſhes, cut them in pieces, and put them into a diſh upon a chafing diſh, with freſh butter, ſalt, pepper, and nutmeg; let the whole ſoak, and when ready to boil, add a little vinegar, and ſerve up the ragoe.

ONIONS *to pickle.*

Let your oions be dry enough to be laid up in the houſe, take ſuch as are about the ſize of a ſmall walnut; and of thoſe ſort they call *Spaniſh* onions, which are not ſo ſtrong flavoured as the *Strasburg* onions; peel off the outward dry coat, and boil them in one water without ſhifting them till they begin to grow tender; then take them off the fire, and lay them in a ſieve or cullender to cool and drain, and when they are quite cold, take off two other coats or ſkins from each, and rub them gently in a linnen cloth to dry.

Then put them up into wide mouth glaſſes, with about ſix or eight freſh bay leaves to a quart, two large races of ginger ſlic'd, and a quarter of an ounce of mace.

Interſperſe theſe ingredients here and there among the onions in the glaſſes, and having boil'd vinegar with about two ounces of bay ſalt to each quart, ſcumming it as it riſes, pour it into the glaſſes, and having covered them cloſe with wet bladders, tie them down; they will look brown and eat well.

BUTTERED ORANGES.

Raſp the peel of four oranges into a pint of water; to which add a pint of orange juice and the yolks of twelve eggs and the whites but of four, putting as much ſugar as will ſweeten to your palate, ſtrain it, ſet it on the fire, and when it is pretty well thickened, put in a piece of butter as big as a couple of nuts, and keep ſtirring it till it is cold.

ORANGE BUTTER.

Boil the rind of ſix oranges very tender; then pound them very fine in a mortar, and rub them through an hair ſieve; then boil two quarts of cream, and put in the yolks of 20 eggs, and the whites of four; let the eggs be very well beaten before they are put into the boiling cream; ſtir it all one way till it comes to a curd, then ſtrain it from the whey in a ſtrainer; when it is cold, put in as much of the orange as you think will give it a taſte agreeable to your palate, then ſweeten it to your taſte.

Another Way.

Waſh hogs lard well in ſpring water; beating it all the while with a piece of wood; then having orange flowers freſh gathered, put about a quarter of a pound of them into the lard, melting it gently, let them be in about two minutes, gently keeping them warm over the fire, then ſtrain it off, and when the lard is grown cold again, beat it and waſh it with orange-flower-water.

Then melt it again gently the ſecond time, and put in freſh flowers in the ſame manner you did before, and it will become of a yellow colour, and then let it grow cold and beat it again with a wooden paddle and orange-flower water, and put it up in pots for uſe.

You muſt melt the lard in a well glaz'd pipkin ſetting it into boiling water.

To Candy GREEN ORANGES.

Lay the oranges in water for three days, ſhifting them every day; then put them into ſcalding water, keep them in a ſcald cloſe covered till they are green; then boil them till they are tender; then put them into water for three days more, ſhifting it every day; then make a ſyrup with their weight of ſugar, allowing half a pint of water to a pound of ſugar, and when the ſyrup is cold, put in the oranges; let them lie two or three days, and then candy them out as other oranges are done.

To preſerve whole ORANGES *or* LEMONS.

Raſp juſt the outſide rind of the oranges very thin, lay them in water 24 hours; then ſet them on the fire, with a good quantity of water; boil them them till they are very tender; then put them in cold water again, and let them lie for two days; but if they are lemons, they need not lie above one day.

Then to fix oranges or lemons, put three pound of fine ſugar, and a pint and an half of water; boil and ſcum it well, ſet it by till it is cold, then put in the oranges or lemons, and let them lie four or five days in the cold ſyrup; then put them on the fire, and make them boil till they are clear; then put them into an earthen pan, and let them ſtand a day or two more; then put them on the fire, give them another boiling, and put them into jelly, as follows.

To a pint and an half of pippin jelly, add a pound and an half of fine ſugar, make it boil till the jelly is very ſtrong; then heat the oranges and put them into the jelly with half their ſyrup, make them boil briſkly for a quarter of an hour; take them off the fire, and add to them the juice of three lemons; then put them into pots that will hold the jelly.

To fix oranges, you may allow above a quart of jelly, and two pounds and a quarter of ſugar.

Sevil oranges and *Malaga* lemons are the beſt; but the lemons muſt be done by themſelves.

ORANGE PASTE.

Raſp *Sevil* oranges, and you may make the outſide for knots; then cut the oranges, and take out the meat and pick all the kernels out of the meat.

Boil

Boil the white rinds till they are very tender, and to a quart of meat allow a pound and ſix ounces of beaten rind; mix them well, make them ſcalding hot; then add four pound and an half of fine ſifted ſugar; ſtir them well together, and ſcald them till the ſugar is well melted; then add the juice of four large lemons.

Fill the paſte into flat earthen pans, or deep plates; ſet them on the fire till they are candied; then drop it on glaſſes: Set that by that is too thin to drop, till they are candied again; it will be dry with once turning.

ORANGE MARMALADE.

Raſp *Sevil* oranges, take out the meat, pick out the ſeeds or kernels, and boil the rinds very tender, and pound them very fine; and having boil'd three pound of fine ſugar in a pint of water, and ſcum'd it well, put to it a pound of rind, and make it boil briſkly till the ſugar is very thick; then put in a pint of the meat of the oranges, and a pint of very ſtrong pippin jelly; boil all together as briſkly as you can, till it is very well jellied; which it will be in about half an hour; then put it up in pots or glaſſes with papers cloſe to it.

Another Way.

Pare a dozen of large *Sevil* oranges very thin, cut them in halves; ſqueeze out the juice into a baſon, cover it, and ſet it in a cool place; lay the halves of the oranges in water for a night; then boil them till very tender, ſhifting the water ſo often that all the bitterneſs is gor out; then dry them well, and pick out the ſeeds and ſkins; pound them fine, and to every pound of pulp, allow a pound of double refined ſugar; boil the ſugar and pulp together almoſt to a candy height; this being done, add the juice of 4 lemons to the orange juice; ſtrain it, and add its weight or more of double refin'd ſugar; pour this to the pulp and ſugar; and boil all pretty briſkly till it jellies.

Keep the glaſſes you pour it into cloſe covered.

To dry ORANGES *or* LEMONS *in Knots.*

Raſp the oranges or lemons with a ſharp knife, as thin and as ſmall as may be, breaking the raſpings as litte as may be, that the ouſide rind may make but two or three knots.

Then cut the oranges, take out all the meat, and pick out the kernels or ſeeds; lay the rinds for two days in a ſieve or broad pan before they are boil'd, or elſe they will be apt to break; then put them into cold water, and boil them about an hour; then drain them well from the water, and having clarified as much ſingle refin'd ſugar as will cover them very well, put them into the ſyrup when it is cold, and ſet them by for four or five days; and dry them out as you uſe them; and when you take any of them, give them that are left in the ſyrup a boil.

Candy them in the following manner.

Take out as many as you intend to dry, cut the white halves in rings or quarters, as you pleaſe; then boil them very faſt for a great while, in as much clarified ſugar as will cover them, till the ſugar is come to its blown quality, which may be known by putting in a ladle with holes, and blowing through it; for then you will ſee the ſugar fly from the ladle.

Then take it off the fire, and rub the candy againſt the pan ſides, and round the bottom till the ſugar looks oily. Then lay them out on a ſieve, that the ſugar may drain from them; then lay them in knots on another ſieve, with all the expedition you can; ſet them into a ſtove for an hour or two, and they will be dry enough.

If you do but a few at a time, the ſyrup that is put to them firſt will do them out.

Whole oranges or lemons may be done the ſame way, except that the whole ones are to be boil'd after they are raſped, and the meat pick'd out of a hole cut at the top, after they are boiled, and before they are put into the ſyrup, and the piece is to be put in again after they are dry.

ORANGE DROPS.

Squeeze out the juice of a dozen oranges; boil the rinds till they are very tender; then cut out moſt part of the white, and pound the yellow rind very fine, and pulp it through a hair ſieve, and to a pound of pulp, add a pound and an half of fine ſugar ſifted through a hair ſieve; mix it well in, and put in the juice till you make it thin enough to drop from a tea-ſpoon.

Then drop it on glaſſes, and ſet them before the fire for about two hours, and then ſet them in a ſtove; the next day turn them, and they will be dry enough in 24 hours.

To make ORANGE *Halves or Quarters with the Meat in them.*

Take *Sevil* oranges, raſp them round, and then cut them into halves; pick out the meat; boil the halves very tender; then chuſe half of them that are the cleareſt and beſt, and put them into a cold thick ſyrup, made with fine ſugar, and half a pint of water to each pound, pound the other half of the rinds very fine; pick the kernels out of the orange meat; and to a pint of the meat, add half a pound of the pounded rinds; ſcald this very well, and add a pound and a half of ſifted ſugar which ſtir very well in; let it ſcald till the ſugar is well melted; then add the juice of a lemon or two; put it into a broad earthen-pan ſet it into a ſtove, let the half orange rinds have lain three or four days in the ſyrup, boil them very briſkly till they are clear, and the ſyrup is very thick; put them by till they are cold; then put them upon earthen plates, and ſet them in a ſtove; and the next day if you think they have not ſugar enough on them, dip them in the ſyrup, which runs from them; they muſt not have dry ſugar on them but only a gloſs before they are quite dry, fill them with the orange meat; lay them on a ſieve and ſet them to dry in a ſtove; they will be done in a day or two.

CHINA CHIPS.

Take *China* oranges, cut the rounds in long chips; as thin as you can, not taking any of the white; boil them in water till they are tender; then ſet them by to drain, and afterwards put them into a very thick cold ſyrup of clarified ſugar; in which let them lie a day or two; then give them a ſcald; ſet them by till they are cold; lay them on earhen plates, ſet them in a ſtove.

After the ſame manner may *Sevil* oranges, be done, if you like them, with a little ſugar and very bitter.

ORANGE *or* LEMON CLEAR CAKES.

Firſt make a very ſtrong jelly; paſs it through a jelly bag; then boil the meat of ſix or eight oranges in two quarts of the jelly and paſs it through a jelly bag.

Then mix half a pint of orange juice and half a pound of ſugar and give them a boil; then put this into the jelly, a pint

pint of the ſyrup of oranges to a quart of the juice, and the outſide of a couple of oranges firſt boil'd in two or three waters, and then ſhred very fine; heat them together, ſcalding hot and to a quart of jelly take three pound of ſugar and boil the ſugar to a candy height; then put in the jelly but not all together, becauſe if it be all boil'd in the hot ſugar it will not dry.

As ſoon as it has done boiling, put in the reſt; ſet it over the fire till all the candy is well melted; but be ſure not to let it boil; then fill it into ſmall pots, dry it and turn it on glaſſes as you do other clear cakes.

You may do lemons the ſame way.

To Candy ORANGE-FLOWERS.

Let your orange-flowers be full blown, pick off the white leaves and put them in water for an hour or two, then into boiling water; boiling them till they are tender, then put them in a ſieve to drain the water from them, then put them into cold water; and in the mean time make a ſyrup of very fine ſugar, as much as you think will cover them; allowing three quarters of a pint of water to a pound of ſugar, and when the ſyrup has ſtood to be cold, put in the leaves, leaving them there till the next day; then give them a ſcald and let them lie in the ſyrup for two or three days.

Then if you have the quantity of a pound of flowers, make a ſyrup with a pound and half of fine ſugar and half a pint of water; boil it and ſcum it, and when it is cold drain the ſyrup from the flowers and put them into the thick ſyrup, in which let them lye two or three days, then make them juſt hot, and in two days more lay them out on glaſſes, ſpreading them very thin and ſift fine ſugar over them, and ſet them in a ſtove, they will be dry on one ſide in four or five hours; then ſcrape them off the glaſſes on a paper, laying the wet ſide uppermoſt, and ſet them in the ſtove again till they are almoſt dry; then pick them aſunder, and ſet them in the ſtove till they are quite dry. If you pleaſe you may put ſome of them in a jelly.

ORANGE CHIPS.

Firſt cut off the peels of ſome very fine oranges; but not too thin; and boil them in a great quantity of water, ſhifting them ſeveral times, to take away all the bitterneſs, when they are tender dry them and allow their weight of double refin'd

refin'd ſugar; boil the chips and ſugar when wet to a candy, till the ſugar be almoſt waſted; then lay them thin on plates to dry.

ORANGE CREAM.

Grate the peels of half a dozen oranges into a pint and half of water; then ſqueeze in the juice; beat the yolks of eight eggs well, and put to the reſt, ſweeten it with double refin'd ſugar; preſs it hard through a ſtrong ſtrainer: ſet it on the fire, ſtir it all one way, till it is as thick as cream, then pour it into glaſſes.

An ORANGE POSSET.

Take four *Sevil* oranges and two lemons, ſqueeze them into a large *China* baſon; ſweeten it even to a ſyrup with double refin'd ſugar; adding to it four ſpoonfuls of orange-flower-water; then paſs it through a fine ſieve; boil a quart of thick cream with ſome of the orange peel cut thin: Let it ſtand till it is pretty cool; then pour it into the baſon to the orange juice through a funnel, holding it as high as you can from the *China* baſon. This muſt be made the day before you uſe it.

When it is ſerv'd up let it be ſtick'd with ſlips of candied orange, lemon and citron peel on the top.

To preſerve ORANGE FLOWERS.

Pick the flowers and little oranges and ſtalks each by themſelves; boil the flowers in fair water till they are tender; boil alſo the little oranges and ſtalks in ſeveral waters, till they are freed from their bitterneſs. To a pound of flowers allow three pound of double refin'd ſugar, wet it with water; boil it to a ſyrup, and having drain'd the flowers well, put them into the ſyrup; let them boil a little, and put them into glaſſes.

CAKES *of* ORANGE FLOWERS.

Allow five pound of double refin'd ſugar to a pound of orange flowers; dip the ſugar in water, and put it into a preſerving pan to melt; pick the outſide leaves off the flowers, and boil the flowers in water till they are tender; then take them out and drain them very well; while they are boiling, the

the diſſolv'd ſugar is to be ſet on the fire, and be boil'd to a thick ſyrup; then ſet it by till it is cold; and not before put in your orange flowers; then drop them neatly on plates, and dry them either in the hot ſun or a ſtove.

ORANGE FLOWER WATER.

Take two handfuls of the leaves of orange flowers, without the yellow and green; infuſe them in two quarts of water, with half a pound of ſugar, ſtrain it through a ſieve or linnen cloth, and when you have done, cool and ice it (ſee the article *Iceing*) or if you would make more diſpatch, beat up the water with the flowers and ſugar; by pouring it out of one veſſel into another; ſtrain the liquor and ſet it to cool.

The orange flowers being very dear, and the water being commonly ſold cheap, we need not wonder it is ſo badly made, it being for the moſt part nothing but an infuſion of orange flowers in common water; but if you would have it very good.

Take three pound of orange flowers when they are in their prime, bruiſe them in a marble mortar, and put them into an earthen pitcher, adding three ounces of the peel of *Seville* oranges cut into ſmall ſlices; you may alſo (if you have them) add ſmall oranges about the ſize of a nut to the infuſion; after they have been bruis'd pour upon them two pints of white wine, and as many of balm water, which will diſſolve and rarify the odoriferous parts of the ingredients, and render the ſcent more ſenſible; but if you have not balm water, you may put in wine inſtead of it or common water.

Stir all the ingredients with a ſtick, ſtop up the pitcher cloſe, and ſet it to digeſt in hot horſe dung for two days.

Then open it, and as quick as you can pour all into a large cucurbit of glaſs or earth, with a receiver and head fitted to it, and ſet it into a *Balneum mariæ*, or *Vaporis*, and diſtil the moiſture with a ſtrong fire, and you will have an excellent orange flower water, which you muſt keep in a bottle very well ſtopp'd.

This is good againſt vapours and malignant humours; it is given in hyſterick diſtempers, to provoke womens terms, and to fortify the ſtomach and brain; the doſe is from two ſcruples to an ounce.

An ORANGE PUDDING.

Take half a dozen of good oranges; ſqueeze out the juice into an earthen baſon; boil the peels in ſeveral waters, till they have loſt all their bitterneſs; then pick out the pulp and ſtrings, and pound the peel with orange flower-water, and mix it up with the juice that you ſtrain'd; add to it 16 eggs, leaving out eight of the whites, add a pound of good butter, ſweetening it to your palate; ſheet your diſh with puff-paſte, alſo garniſh the edge with the ſame.

Note, That all the ingredients muſt be pounded in a mortar for an hour at leaſt, till they look all alike.

An excellent ORANGE PUDDING.

Pare the rind of two fair *Sevil* oranges ſo very thin, that no part of the white be to it, ſhred and pound it very well in a mortar, add to it half a pound of butter, and half a pound of ſugar, and the yolks of 16 eggs, pound all together in a ſtone mortar, till it is all of a colour, then having ſheeted a diſh with puff paſte, pour it in.

If you pleaſe, you may grate the peel fine inſtead of ſhredding it; but then you muſt beat up the butter and ſugar with it and the eggs with all to mix them well.

ORANGE *and* LEMON PUFFS.

Grate the outſide rind of four large oranges or lemons; put this to two pounds of fine ſifted ſugar; then pound them well together in a mortar; grind it well with the peſtle and make it into a ſtiff paſte with gum dragon, well ſteep'd; then pound the paſte again, roll it or ſquare it, and bake it in a cool oven on papers and tin-plates.

To make ORANGE WINE.

Take five gallons of water and ten pounds of good ſugar, mix them well, boil and clarify them with the whites of eggs; then having ready half a hundred of oranges, pare them ſo thin that no white may appear upon the rinds; and as ſoon as the ſyrup is taken off the fire, put the peels of half a dozen oranges into it, and when the liquor is quite cold, put in the juice of the oranges, with ſome freſh ale yeaſt, ſpread upon a warm toaſt of white bread; let this ſtand to work for two days, and then put it up into the veſſel or caſk,

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at the ſame time adding two quarts of white Port wine, and to every gallon of liquor add an ounce of ſyrup of citron or lemon, and in two months time you may bottle it.

Another Way.

Take three gallons of water and eight pounds of ſugar, with the whites of four eggs beaten to a froth; mix them with the ſugar and water cold; then boil the liquor for an hour, ſcumming it as long as any riſes.

Take it from the fire, ſet it by till it is only milk warm, and put in the rinds and juice of 25 oranges. When it is become almoſt cold, put to it three ſpoonfuls of new ale yeaſt; and let it ſtand to work two nights, ſtirring it morning and evening.

Add to this a quart of white wine and a quarter of an ounce of iſinglaſs cut ſmall. Stop up the veſſel very cloſe, let it ſtand five weeks and then bottle it.

ORIGANUM or *Wild Origan*, is good againſt poiſons; the leaves are more particularly good againſt the bitings of venomous creatures. This plant boil'd in wine and applied to the reins, removes the difficulty in making water; a decoction of it is good to comfort the nerves, and lax and weak parts.

The flowers and leaves being dry'd at the fire, upon an earthen ſheard, and wrapp'd up hot in a piece of linnen and applied to the head, cures a rheum.

ORKANET.

The root of this plant is of a cooling and aſtringent quality, if it be incorporated with oil and wax it is good for burns; if rubbed on with vinegar is good in an inveterate itch; it is helpful to women in labour; its decoction ſtops a looſennſs, and gives relief in pains in the kidnies and the ſpleen: The bark of the root being mix'd with roſe ointment, pomatum, wax and oil, will give a roſy colour.

ORPINE.

The leaves of this plant being applied in a plaiſter for ſix hours, is good in a leproſy, nay ſome ſay, will cure it; but you muſt afterwards make an ointment of barley meal, and anoint

anoint in the heat of the ſun with vinegar, and waſh the place after it is dry.

The juice or decoction of its leaves is a ſovereign remedy to heal wounds, to ſtop a flux of blood, and is good for inward wounds and ulcers.

ORTOLANS.

Theſe birds are brought from *France*, and are fed in large cages with canary ſeeds, till they become a lump of fat; and when they are become fully fatted they muſt be killed or elſe they will feed upon their own fleſh.

To kill them, you muſt take them by the beak, and hold it cloſe with your finger and thumb, and the bird will be ſtiffled in about the ſpace of a minute.

Then pick off the feathers, even thoſe of the head, and put a fine ſkewer through them, juſt under the wings, and roaſt them quick; putting ſmall toaſts in a diſh under them to drip upon.

Serve them up with ſtrong gravy, and as much white wine made hot; garniſh with ſlices of lemon and raſpings of bread, ſifted and roaſted before the fire.

OSMUND ROYAL.

This plant is moſt in eſteem for reſtraining the whites in women, and ſtrengthening the womb.

It is by ſome accounted alſo a ſpecifick in the rickets in children.

It alſo enters the compoſition of ſome coſmeticks, and is eſteem'd as very good for clearing the face of freckles and ſoftening the ſkin; and ſome recommend it as very efficacious in diſperſing bruiſed blood, and taking away the blackneſs occaſioned thereby.

OVEN, *to heat.*

Splinters or pieces of dry wood are better than faggots, and faggots are to be preferr'd before other fuel.

In heating an oven, care muſt be taken that the wood be not burnt every where at the ſame time, but ſometimes at one ſide, and ſometimes at the other, and take the aſhes continually out with a rake.

To know if an oven be hot, rub the arch or hearth with a pole, and if ſmall ſparks appear, the oven is hot; therefore you

you muſt give over heating it any more; but take out the brands and coals, and range a ſmall flame near the mouth of the oven, and clean it with the inſtrument for ſweeping, made of coarſe old linnen ty'd to a pole, and dipt in fair water, but firſt wring it out; then ſtop up the oven a little time, that the heat may abate; or elſe if the bread were ſet in preſently it would turn black; but when the heat is a little abated, ſet in the bread as expeditiouſly as you can.

OX EYE.

According to *Dioſcorides*, the leaves of this plant being bruis'd, are good for diſſolving cold tumours and ſchirrus's, and ſome ſay, the decoction of it drank preſently after bathing, is good in the jaundice, ſo that the patient will for a time recover his natural colour.

OXICRATE, is a mixture of vinegar and water.

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PAINS, are bread ſtuff'd with different ſorts of farces.

To make Gammon PAIN.

Dreſs ſome ſlices of gammon, as is directed in the article *Gammon Eſſence*, excepting that no muſhrooms muſt be put to them, nor is there to be any ſtraining through a ſieve; if the ſlices when dreſt are not ſufficiently thickened, you may in order to bring them to a proper conſiſtence, add a little bread cullis. Then having a pottage loaf ready, cut it thro' the middle, ſo that the upper and under cruſt may be whole. Then take away the crum of the inſide, and toaſt the reſt of the loaf, and bring it to a fine brown colour, by the fire, or in an oven, and then ſoak the cruſts in the ſauce, and put them together in a little diſh, and put the ragoo with the ſauce into it, and garniſh with capons livers, dreſt in a veal caul, and ſerve it up among intermeſſes.

To make a VEAL PAIN.

Cut a fillet of veal into thin ſlices; beat them with the back of a knife, and proportion the quantity of them to the ſize of the diſh; then mince ſome fillet of veal with parboil'd bacon, dreſs'd gammon, fry'd ſuet; all ſorts of fine herbs, the breaſt of a capon and partridge with truffles, mouſſerons and common muſhrooms, chopp'd and all well ſeaſoned with all ſorts of ſpice, and mix'd with a little cream.

Then lay ſome thin ſlices of bacon in order, in a round ſtew-pan, and alſo one half of the beaten veal ſtakes, and then the farce; then cover it at the top as you did underneath, that the whole farce may be inclos'd on all ſides.

Then cover and bake it between two fires; you may if you p'eaſe, put a little garlick into the farce; clear it from the fat, dreſs it neatly in a diſh, and ſerve it up to table hot.

The falling down of the PALATE *in Cows.*

When a beaſt labours hard and wants water, it is commonly ſiez'd with the falling down of the palate; and tho' it will endeavour to eat, yet it will be to little purpoſe.

For a remedy againſt this, caſt the beaſt, and thruſt the palate up with your hand, and then bleed it in the ſame place and anoint the wounded part with honey and ſalt well mixt together; then put the beaſt to graſs, for dry meat is not at all proper for it.

PALSEY.

If the palſey continues for a year, it will not be cured but with great difficulty. To relieve old perſons troubled with this diſtemper; purge them frequently with agarick or aloes, the doſe is one dram, and for thoſe of a robuſt conſtitution, a dram and a half; you may alſo make a cautery in the arm or leg, and every morning give the patient a doſe of treacle or orvietan.

Rub the back of the patient with the following balm. Take half a pound of oil of walnuts, half a pint of thick wine, half a handful of camomile, ſage, rue, and wormwood, of each half an handful.

Boil all together till the wine is waſted; ſtrain it, and at the ſame time throw into it three ounces of *Venice* turpentine, and three nutmegs powdered.

Another Remedy.

Rub the paralytick part with the oil of fox, laurel and caſtor, mixing ſome brandy with it.

It is very certain that this diſtemper muſt by no means be neglected; for if it continues 40 days, it will be very difficult, if not impractical to cure it, eſpecially in perſons who are ſtricken in years.

A PANADA *for a weak Stomach.*

Grate the crum of a penny white loaf into a quart of cold water; put in a blade of mace, ſet it on the fire, and when it is boil'd ſmooth, take it off and put in a bit of lemon peel, the juice of a lemon, a glaſs of ſack, and ſweeten it with ſugar to your palate.

PANCAKES.

To a quart of cream put ſix ſpoonfuls of canary, and a pint of flour; the yolks of 12, and whites of 6 eggs; a nutmeg grated, half a pound of butter, a little ſalt and ſome ſugar; fry them in a dry pan.

Thin Cream PANCAKES, *call'd a Quire of Paper.*

To a quart of cream allow 16 eggs, leaving out four of the whites, put in ſix ſpoonfuls of fine flour, as many of ſack and two of orange-flower-water and a nutmeg grated; ſweeten with ſugar to your palate; add half a pound of butter melted to the cream; mix the flour with a little cream at firſt that it may be ſmooth, and mingle all together.

Butter the frying-pan for the firſt pancake, running them as thin as you poſſibly can to be whole; and when it is coloured it is enough.

Take care in taking them out of the pan, and ſtrew fine ſugar between each; lay them in a diſh as even one on another as you can.

This quantity will make 3 dozen and a half of pancakes.

To roaſt PARTRIDGES.

You may either lard them with fine fat bacon on the breaſt, or roaſt them without larding; but in a diſh of theſe fowls, there ſhould be ſome of the one, and ſome of the other.

There

There ſhould be two ſorts of ſauces for them, the one of gravey in the diſh with them, and the other of bread in ſaucers on the ſide of the diſh.

The gravey is to be made of beef, an onion, a bunch of ſweet herbs, ſome ſalt and pepper, ſtew'd for half an hour in a little more water than will cover them, and then ſtrain'd into the diſh.

The pap ſauce or bread ſauce is to be made of grated crumb of bread, boil'd with juſt water enough to cover it, with a little butter, an onion, and ſome whole pepper; ſtir this often, and when it is grown very thick, take out the onion and ſerve it in a ſaucer with the partridges.

Theſe ſauces will alſo ſerve for pheaſants or quails.

To ſtew PARTRIDGES *with Salary.*

Clean, truſs and boil the partridges tender, and for them make the following ſauce.

Take ſallary plants well whitened and blanch'd, firſt boil them in water and ſalt, and afterwards ſtew them with gravey, a ſpoonful or two of white wine, ſeaſoned with ſome ſalt and pepper, and when they are enough, thicken and brown the ſauce they are ſtew'd in with burnt butter.

Lay the ſallary in the bottom of the diſh, and the partridges upon that, and pour the ſauce over all. Garniſh with ſlices of lemon or orange, and ſerve it up.

To make all Sorts of SUGAR PASTE.

Sift the ſugar through a lawn ſieve; then ſift ſtarch as fine, allowing a quarter of a pound of ſtarch to a pound of ſugar; make it into a ſtiff paſte, putting thereto gum-dragon ſteep'd in orange flower-water; pound it in a mortar, and make it into knots or ſhells in a mould or moſs, with rubbing it thro' an hair ſieve.

This paſte may be coloured of what colour you pleaſe, by tinging it with carmine for red, gamboge for yellow, ſteep'd in water and gumm'd; with yellow gum and ſtone blue, ſteep'd in water for green; with ſmalt for blue, and with chocolate for a brown.

PASTILS.

A kind of ſugar paſte, to be dreſt upon *China* diſhes, for ſetting off a deſert or banquet of ſweet-meats, of which there are ſeveral ſorts.

For excellent paſtils. Take an ounce of benjamin, a quarter of an ounce of ſtorax, aloes wood and willow coal at diſcretion; reduce all to a fine powder, and add to it ten grains of good civet, and what quantity of fine ſugar you think fit; having powdered and mixt thoſe ingredients all together boil them till the paſte is made, and keep continually ſtirring the maſs with a ſtick that it may not burn to, and if you would have them richer you may add ſix grains of amber, after you have pounded it with a little ſugar, which throw into the pan, and when the paſte is ready and the whole is well mixt, you may form your paſtils.

To perfume PASTILS.

Sift a pound of ſugar through a lawn ſieve, add one grain of muſk, and two of ambergreaſe; let theſe be ground fine and mix'd with the ſugar; make it into a paſte with gum dragon, well ſteep'd in orange-flower water, adding alſo a ſpoonful of ben; pound the paſte well in a mortar, then roll it out pretty thin; cut out the paſtils with a ſmall thimble, and print them with a ſeal; lay them on papers to dry; when they are dry, put them in a glaſs with a cover, or keep them in ſome cloſe place, where they may not loſe their ſcent.

To dry PEACHES.

Let your peaches be thoſe of the largeſt white *Newington*; pare them, and having a pan ready over the fire with boiling water, put in the peaches, boil them till they are tender; then take them out, and lay them on a ſieve to drain; weigh them, then lay them in the pan in which you deſign to boil them, and cover them with their weight of ſugar.

Let them lie for two or three hours; then ſet them on the fire and boil them till they are clear, and the ſyrup pretty thick; ſet them by covered with a paper cloſe to them till the next day; then give them a very good ſcalding, taking them off the fire and ſetting them on again, till the peaches are thorough hot; do this daily for three days, then lay them on plates to dry, turning them every day.

To preſerve or dry NUTMEG PEACHES.

Firſt peel the peaches, then put them into boiling water; boil them for a quarter of an hour, then lay them on a ſieve

to

to drain; weigh them, and to every pound of peaches allow a pound of ſugar finely powdered; let the ſugar be pretty well melted, then boil them very faſt till they are clear; then ſet them by till they are very cold, and afterwards ſcald them very well; and to every pint of peach, take the ſame quantity of codlin jelly and a pound of ſugar; boil it till it jellies very well, then put in the peaches and half the ſyrup; boil them very briſkly, then put them in pots or glaſſes.

If you would dry them, ſcald them over again for three or four days ſucceſſively, and dry them out of their ſyrup.

PEACH CHIPS.

Firſt pare the peaches and cut them in chips, and to a pound of chips allow 14 ounces of ſugar finely powdered; let the chips lie in the ſugar a little while till the latter is melted; then ſet them on the fire and boil them briſkly till they are clear; this will be done in about half an hour; then ſet them by till the next day, then ſcald them very well two days, and lay them on earthen plates; then ſet them in a ſtove, ſift fine ſugar over them through a lawn ſieve; turn them day after day, ſifting ſugar over them till they are almoſt dry; then having laid them on a ſieve, let them ſtand in the ſtove for a day or two longer.

Lay them in a box cloſe together, and when they have lain ſo for a week, pull them aſunder that they may not lie in lumps.

The PEA-HEN begins to lay in *April*, the young ones are excellent meat, and this fowl may as well be admired for its excellence when dead at the table, as for the beautiful appearance it makes abroad alive.

The fleſh of theſe fowls has an extraordinary quality in reſiſting corruption or putrefaction, ſo that theſe fowls will keep freſh and ſweet a long time after they are kill'd in the hotteſt ſeaſon; but yet the fleſh is of eaſy digeſtion, as the fleſh of a pheaſant.

The eggs likewiſe are of an excellent reliſh, much preferable to thoſe of pheaſants, or thoſe of the *Guinea* hen.

The Pea-hen ſits 30 days if the weather be cool; but if the weather be hot about 28 days.

Sometimes the eggs of the pea-hen are ſet under a common poultry hen; but then they muſt not be more than five; and about four of her own will be as many as ſhe can cover; when ſhe has ſet a week, take away her own eggs, and put

under her four freſh eggs, that theſe and the pea-hens eggs may hatch together, for hens hatch in three weeks, and pea-hens in 30 days; ſo that by this means of changing the hen eggs, it makes juſt the time up that both will hatch.

And the reaſon why it is neceſſary to put hen eggs under the hen, beſides thoſe of the pea-hens, is becauſe ſhe will the better keep cloſe to the neſt and not forſake it as otherwiſe ſhe might do.

During the time of the ſetting, the eggs muſt be turn'd, to do which according to art, they muſt be mark'd on one ſide before they are put under the hen.

And if nine eggs be ſet under a hen, ſhe muſt be one of a large ſize.

When the pea-fowls, *&c.* are hatch'd, keep them in the houſe a day or two, and then put them into a pen, ſuch as is deſcrib'd for pheaſants (which ſee) and take care to keep them from rain till they are three weeks old, and feed them during that time with barley meal a little wet with water, or the meal of other corn; and now and then chop a few leeks and cheeſe-curds after the whey is well preſs'd from them: you may likewiſe give them cruſts of bread boil'd in milk, and preſs a little from the milk; but theſe muſt be given cold.

At about a month old you may venture them in the fields with the hen, if the land be dry and open to the ſun; but then tie the hen by the leg, ſo that ſhe cannot range far at firſt, and that will prevent their running beyond call, and ſo they may more eaſily be brought home in the evening; but you may by degrees give the hen more liberty, and ſhe will with her brood return home of her own accord.

About harveſt time the young ones may be fed with barley or other corn, and put to rooſt in a hen houſe; but they muſt by no means be ſuffered to ſit upon the ground, leſt they take cold, but make pearches for them, and then they may be put among other pea fowls.

As for ſuch young ones as the pea-hens hatch and bring up themſelves, they run immediately with their dams into the field, and find their food if they have liberty; but if the pea-hens lay and ſet in ſome place appointed for them, it will not be proper for ſeveral hens and their broods to feed together; becauſe thoſe who have the ſmaller number, or the ſmaller chickens, make little account of their own, when they ſee other hens with more or larger chickens than thoſe of their own breed.

The pea-hen when ſhe is at liberty, ſeeks the moſt private place for her neſt, that the cock may not diſturb her eggs, which if he could come at, would be in danger of being deſtroy'd by his luſt in treading the hen, even while ſhe is ſitting upon the neſt; and therefore it will be beſt to ſet the hen in ſuch places as may be ſecret from the cock, if you can; nor indeed ſhould they come in the way of the cock, till the chickens are creſted on the head, for before that time the cock will chaſe the chickens and often kill them; but then they are ſafe as to receiving any harm from him.

One peacock will ſerve ſeven pea-hens, nor ſhould he have leſs than five, otherwiſe it will be a hazard whether the eggs will be prolifick, or whether he does not kill a ſingle hen or even a couple by his too great luſt.

If you would have them breed early, you may give them beans toaſted a little by the fire, about once in four or five days; or let the beans be thoroughly warm and broken to pieces; or elſe paſte made of bean flour and milk, or barley meal and milk with an egg, or ſpurry ſeed, which will promote their breeding.

If there be many cocks together, they will be apt to weaken one another, by fighting about treading time, and they ſhould therefore be kept ſeparate; however, if they are all of one breed, they will live the more quietly together.

The hens will ſometimes lay or drop their eggs as they ſet upon their pearches, and therefore their pearches ſhould not be above four foot from the ground, and a good quantity of ſtraw laid under them to ſave the eggs.

The moſt dangerous time in the breeding theſe fowls is juſt at the time when their creſts are beginning to ſhoot from their heads; but that being once paſt, they may be reckoned ſafe and ſecure as the chickens of any other fowl.

PEARS *to preſerve, to be eaten hot.*

Pare them and put them into a new earthen pipkin, allowing a quarter of a pound of ſugar to a pound of pears, and a quart of red wine, and as much water as will cover the uppermoſt; cover them, and let them ſtew over a gentle fire, ſtirring them frequently that they may not ſtick to the pipkin, and when they are half enough, put to them ſome cinnamon and cloves; when they are enough, range them handſomely in a diſh, in the form of a roſe, and pile them up in the form of a pyramid; let the ſyrup cool a little, then pour it upon them, and ſerve them up.

PEASE *Green, to preſerve.*

In an earthen pot put one half water, and the other half vinegar, into this put green peaſe; cover the pot, and let it be well ſtopp'd, and when you take them out to eat, put them in freſh water.

Theſe may be gathered when they are thoroughly ripe, that is, when the cod begins to turn black; and when you have taken out the peaſe, pull off the ſkin that covers them.

To put PEASE *into a Ragoe.*

Gather them while they are green, ſhell them and put them into a pan with butter or lard; to which add a little water to make them boil, ſeaſoning all with ſalt, a little parſley and chibol cut in pieces, and when they are done enough thicken the ſauce with a little cream, and ſerve it up.

To ſtew PEASE.

Put them into a pot with a little water, butter, ſalt and pepper; or you may fry them in a pan with butter, or otherwiſe with ſalt and pepper and a little flour, moiſtened with ſome milk or ſweet cream, which is the better, or elſe with ſome eggs with a little milk put to them.

To fry dry PEASE.

Firſt fry onions or chibbols, and ſeaſon them with ſalt and pepper, and fine herbs; and when they are ready add a little vinegar to them.

A Green PEASE SOUP *without Meat.*

While you are ſhelling the peaſe, ſeparate the young from the old; and boil the old ones till they are ſo ſoft that you can paſs them through a colander; then put the liquor and the pulped peaſe together, into this put in the young peaſe whole; adding ſome pepper, two or three blades of mace and ſome cloves.

When the young peaſe are boil'd enough, put a faggot of thyme and ſweet marjoram, a little mint, ſpinage and a green onion ſhred, but not too ſmall; with half or three quarters of a pound or more of butter into a ſauce-pan; and as theſe boil up ſhake in ſome flour, to boil with it to the quantity of a good handful or more; put alſo a loaf of *French* bread

into

into the broth to boil; then mingle the broth and herbs, &c. together; ſeaſon it with ſalt to your palate, and add ſome ſmall white toaſts neatly cut and the young peaſe.

A very good PEASE SOUP.

Boil three or four pound of lean coarſe beef in two gallons of water, with three pints of peaſe, till the meat is all in rags, and ſtrain it from the meat and huſks; but half an hour before you ſtrain it, put in two or three anchovies. Then put into a ſauce-pan as much as you would have for that meal, with an onion ſtuck with cloves, a race of ginger bruis'd, a faggot of thyme, ſavoury and parſley, and a little pepper; boil it for near half an hour; then ſtir in a piece of butter, and having fry'd ſome forc'd meat balls, bacon and *French* bread, cut into dice with ſpinage boil'd green, put theſe to the ſoup in the diſh.

A PEASE SOUP *for Lent or any faſting Days.*

Boil a quart of good peaſe into ſix quarts of water, till they are very ſoft; then take out ſome of the clear liquor and ſtrain the peaſe from the huſks as clean as may be; then boil ſome butter, and when it breaks in the middle put in an onion and ſome mint, cut very ſmall, ſpinage, ſorrel and a little ſallary, cut groſly; let theſe boil for a quarter of an hour, ſtirring them often; then with one hand ſhake in ſome flour, while with the other hand you pour in the thin liquor; then put into the ſtrain'd liquor ſome pepper, mace and ſalt, and boil it for an hour longer; then put a pint of ſweet thick cream to as much of it as will make a large diſh; laying a *French* roll criſp'd and dipp'd in milk in the middle of the diſh.

Hard PEASE *Soup.*

This may be made of beef; but a leg of pork is much better; or the bones of pork or of the ſhin and hock of a leg of pork, after ſauſages have been made of the meat cut off, will make a good jelly broth.

Strain the broth hot through a ſieve, and to every quart of liquor put half a pint of ſplit peaſe; or to three quarts of liquor a quart of whole peaſe.

The whole peaſe when boil'd muſt be paſs'd through a cullender; but the ſplit peaſe do not need it; put in ſallery accordingly as you like it cut ſmall; dry'd mint and ſweet marjoram

marjoram in powder, ſeaſon alſo with ſalt and pepper; boil all till the ſallary is tender.

If you boil a leg of pork this is to be done when the meat is taken out of the pot; but if you make ſoup from the bones, boil theſe ingredients afterwards in the liquor.

When you ſerve it up, lay a *French* roll in the middle of the diſh, and garniſh the border of the diſh with raſped bread ſifted.

Some put in all ſpice powdered, which is agreeable enough: Others ſerving it up put in toaſted bread cut into dice; and others in the boiling add the leaves of white beets.

Green PEASE *Pottage.*

Boil two or three quarts of milk, according as you would have them thick of the peaſe; put in a quart of peaſe ſhell'd, add ſome pepper largely beaten, ſome dry'd mint and ſweet marjoram in powder and ſalt, with a little whole ſpice pounded.

Boil all theſe together till the cream riſes; then ſtir it and ſerve it hot.

Let your peaſe be boil'd before they are put into the milk

PELLITORY *of the Wall*, is of an abſterſive, reſtringent and repercuſſive quality; being ſomewhat cold and dry; and when it is quite freſh, half pounded and applied to a new wound, it will cure without applying any thing elſe.

It is good in inflammations; three ounces of its juice or its decoction being drank, cures the ſtoppage of urine, or gonorrhæa and cough.

The mouth being waſh'd with it, cures the tooth-ache, puts up the palate of the mouth, and reſtrains the inflammation of the throat.

A water diſtill'd from it makes the ſkin of the face ſmooth and fair.

The decoction or water of it mix'd with ſome white wine and oil of ſweet almonds, is good to provoke urine and to bring away gravel.

The juice of it dropp'd into the ear appeaſes the pain.

The leaves fry'd with freſh butter or capon's greaſe, and brought to the form of a cataplaſm and ſo apply'd to the belly, allays the cholick.

The juice being mixt with an equal quantity of white wine and oil of ſweet almonds, newly made, eaſes the pains and torments of the ſtone.

A cataplaſm being made of green pellitory pounded with bread crumbs, oil of lily, roſes or camomile, diſſolves impoſthumes of the breaſt.

PENNY ROYAL is odiferous and of a ſharp bitter taſte, it is of an attenuating, heating and ripening quality.

The diſtill'd water and juice of it are good for clearing the eye-ſight and alſo for the cure of the itch; they diſſipate the groſs humours of the breaſt, provoke the menſes and urine, are helpful to women in labour, in bringing away the after-burthen.

A decoction of it with hony and aloes purges melancholick humours and phlegm in the lungs; allays pains in the belly, inteſtines and womb; the mouth being waſh'd with it, it cures ulcers.

PEONY.

Authors ſay that the qualities of the peony male and female are the ſame; that the root is good for removing the obſtructions of the liver and cleanſes the reins, puts a ſtop to looſeneſſes, and dries up without being hot; and being dry'd is preſcrib'd for purging women after a lying-in: it ſtops the overflowing of the gall, brings ſtones out of the bladder and eaſes pains, the root alſo is good for allaying the gripings of the guts and curing the jaundice; the black ſeed powdered and put into wormwood wine will cure worms in children, and is good againſt the falling ſickneſs; and is alſo good againſt poiſon.

Fifteen of the black ſeeds are excellent againſt the ſuffocations of the womb; and reduc'd to powder and drank in wine will recover loſt ſpeech.

To prepare PERCH *with Muſhrooms.*

Pick and cleanſe your muſhrooms; cut them into ſmall pieces, then ſtew them in a ſauce-pan over a gentle fire without any liquor, but what comes from them, till they are tender; then pour off their liquor and put a little cream to them; in the mean time prepare a brace of large perch, by ſcalding, waſhing and cutting them in thick ſlices and parboiling them; then put the fiſh to the muſhrooms and alſo the yolks of three eggs beaten, parſly boil'd and chopp'd ſmall, ſalt, grated nutmeg, and lemon juice; keep continually ſtirring all theſe together over a gentle fire; but take care not

to break the fish, and when it is enough garnish with slices of lemon and pickled barberries.

PERIWINKLE.

The periwinkle is of an astringent nature, and very bitter: its leaves as well in decoction as otherwise, stop all sorts of fluxes, whether of the belly, bleeding or menses, and they will even suppress the whites, after having purg'd them away: If you bruise the leaves and put them into your nostrils they will stop the bleeding of the nose; they will do the same if you put them about your neck, upon your head like a hat, or upon and under your tongue; if you chew the leaves they will cure the tooth ach: In short, if you put this plant into a tun of wine for some days it will fine.

An excellent Preservative against the PESTILENCE.

Take lavender, mint, rosemary, rue, sage and wormwood, of each a handful, put them into four quarts of the best white wine vinegar to infuse; put all together into a stone bottle closely stopt and pasted, set it thus on warm ashes, and let it stand for eight days.

Then strain it through a flannel and put the liquor into bottles; and to every quart add an ounce of camphire, then cork the bottles very close; it will keep good many years.

With this liquor wash your mouth, rub your temples and loins every day; snuff a little up your nostrils, when you go out into the air, and carry a spunge about you dipt in it to refresh the smell, when you think there is occasion, especially when near any place or person that is infected.

A physician in the duke of *Berwicks* army in the year 1721 informs us that four malefactors, who us'd to rob the infected houses, *&c.* owned at their execution, that they had preserv'd themselves from the contagion by using this medicine only.

PETITS CHOUX, *i. e.* small coleworts, a sort of paste for garnish made of fat cheese, flour, eggs, salt, *&c.* baked in a pye pan and iced over with fine sugar.

PETITS PATTEES.

A sort of little pyes. To make them; take the flesh of carps, eels and tench; half stew all in a pan with mushrooms, and

and afterwards chop them ſmall with parſley, chibbols, thyme, and ſeaſon with ſalt, pepper, cloves and nutmeg; then add a quantity of butter equal to that of the meat, and make the pyes of the puff-paſte.

The ſame after the Spaniſh *Faſhion.*

Take a ſlice of bacon, a little piece of veal, and the breaſt of a chicken, parboil all; minc'd very ſmall in a pot, and ſeaſoned with beaten ſpice, pound it in a mortar, adding a little garlick and rocambole, while the pyes are making with fine paſte, which will ſerve for garniſhing other diſhes, inſtead of an outwork.

PHEASANTS.

In the month of *May* ſuch as breed pheaſants, and have ſet the hens, may expect them to hatch, the young ones muſt then be put into a box about four foot long, 13 inches deep, and 13 inches wide with a partition for the hen 14 inches from one end divided from the other part of the box by paliſades three or four inches aſunder for the going out of the young pheaſants to feed; that part deſign'd for the hen muſt be cloſe covered at the top; and the part of the box where the pheaſant powts are to feed, muſt only be covered with a net to hinder the ſparrows and other birds from eating up their meat.

In this box confine the pheaſants for 10 days, giving them during that time the following food: ſearch a wood for the eggs of the black horſe-emmets or ſome of the eggs of the red-emmets; but the black are the beſt, provided the emmets themſelves are kill'd, for they will ſting the young pheaſants, and make them forbear their meat till they ſtarve.

The way of killing theſe is to put earth and eggs all together into a barrel, ſo that the barrel be not above half or three quarters full; then light ſome rags dipt in brimſtone and put into the barrel and cover it up cloſe ſhaking it now and then, while the ſmother of the brimſtone remains and when that is over, ſome of the ſame rags with brimſtone may be put a ſecond time into the barrel, that the live emmets may be ſuffocated or ſo much weakened that they may eaſily be kill'd and ſeparated from the eggs.

Having thus procur'd the emmets eggs, pick them clean, from the earth, and throw them into the part of the pheaſants feeding

feeding box, a few at a time, repeating it every half hour.

But if you feed the pheaſants with the red emmets eggs which you may do for the firſt three or four days after hatching, you need not kill the emmets for they will do the pheaſant powts no harm; but their eggs are very ſmall, and it is troubleſome to get enough of them.

Beſides theſe emmets eggs, they muſt have for the firſt ſix days while they are in the box a paſte made for them of barley flour, beaten up with an egg, ſhell and all, without adding water or any liquor to it.

You muſt make it of ſuch a conſiſtence, that you may rub it between your fingers into ſmall pellets of the ſize and ſhape of black ants eggs; but theſe pellets muſt be made, but juſt while you are feeding them, and when you find they will eat no more, fling them ſome emmets eggs, which will create in them a freſh appetite.

During the firſt ſix days that they are in the box give them milk in a ſhallow tin pan, without any water at all, and let not the milk be ſour.

About the 7th day give them milk and water mix'd in equal quantities, and then make their paſte of milk and barly flour with ſome egg-ſhells in it finely powdered; but none of the egg it ſelf.

About the 10th day remove them out of the box, and ſet the hen under a coop upon a green plat making a fence round the coop, about five foot clear of it, and a foot, and a half high, this may be made either with boards or wires as you pleaſe.

This fence is deſign'd to keep them from wandering too far from the hen before they have ſtrength enough to extricate themſelves out of the entanglement of weeds or other impediments, that they may be able to meet with, and now you may bring them to drink water and make their paſte of barley meal, water and egg-ſhells powdered; always giving them emmets eggs after this feeding.

After the pheaſant powts have been confin'd in this pen upon the graſs plat for a week, that is when they are about 17 days old, remove them, ſetting them on a freſh green plat and give them liberty to run or fly where they pleaſe till *Michaelmaſs*; but they will not leave the hen, unleſs they are frighted out of their knowledge by dogs, *&c.* and then too they will ſoon be brought together by the call of the hen or a whiſtle to which you may uſe them when you feed them.

And now you need not trouble your ſelf to kill or weaken the pheaſants they being by this time grown to be a match for them; but do not leave this off all at once; but by degrees, and continue to feed them as before till there is new corn, and then give them a little in the ear, and afterwards ſome peaſe.

PHEASANT, to know if they are good for eating obſerve, that if this bird be young and a cock, he has a ſhort ſpur, but if old a ſmall ſharp ſpur; and examine if it be not cut or pared.

If it be fat it has a vein on the ſide of the breaſt under the wing, if it be new, it has a fat firm vent; if it be touch'd hard with the finger it will peel; if it be young it has a ſmooth leg and fine ſmooth grain on the fleſh; if old it has a rugged wrinkled grain on the fleſh and full of hairs like an old yard hen; and if ſhe be full of eggs ſhe will have a faſt and open vent if not full, a cloſe vent.

To dreſs a PHEASANT.

Pull, dry and draw him, and lard with ſtreaked bacon, and then roaſt him, make your ſauce of verjuice, ſalt and pepper and ſome orange, and ſerve him up to table.

To make a hot PHEASANT *Pye.*

Take the fleſh of a pheaſant and that of a large fat pullet, and a tender piece of a leg of veal; mix all well together with parſly, chibbols, mouſſerons, common muſhrooms, veal ſweet-breads, boil'd gammon and raw bacon; ſeaſon with ſalt, pepper, ſpice and fine herbs, making a good godivoe of them; as alſo a ſomewhat ſtrong paſte; and raiſe the pye either with a double or ſingle cruſt; bake it, take out the fat, pour in a muſhroom cullis and ſerve it hot to table.

To dreſs a PHEASANT *with Carp Sauce.*

Truſs the pheaſant, then cover him with a good ſlice of bacon; roaſt him but not too dry; while he is roaſting, put ſome ſlices of a leg of veal and onions ſlic'd into a pan with parſly and fine herbs; then having a carp ready gutted and ſcaled, and cut in pieces, range it in the ſame copper-pan, and ſet it on the fire till the whole has taken colour.

Then

Then pour into the pan ſome veal gravey and two glaſſes of wine; add alſo a little rocambole, muſhrooms, truffles, chopt, and cruſts of bread, and all being boil'd, ſtrain it through a ſieve, and ſee that the ſame be a little thickened.

Then take the bacon off the pheaſant and put it in, giving it five or ſix boils and ſerve it up hot.

PIG'S PETTITOES.

The pettitoes having been well dreſs'd, cut them into halves and tie every pettittoe together, then put into a proper pot, ſauce-pan, ſtew-pan, *&c.* a lay of bards, or thin ſlices of bacon, and another of pettit-toes and ſweet-herbs, and a third of petttitoes and bards, and ſo on, till you have diſpos'd of all your peitit-toes, adding a quart of white wine, a glaſs of ſpirit of wine with aniſe, coriander and a bay leaf or two, and a little quickſilver; cover all with bards of bacon, and line the edges of the pot with ſtrong paper, for that the lid may be exactly fitted and kept cloſe ſtopt.

Then ſet the pot between two fires wich muſt not be too quick, that the pettitoes may ſtew leiſurely for 10 or 12 hours, or there abouts, then take them out, cool them, bread them neatly and broil them on a grid-iron in order to be ſerv'd up hot, among inter meſſes.

This is a *French* way and call'd *a la ſainte Menehout.*

They may be alſo dreſs'd another way only with water and white wine mingled together, and ſeaſoning them well, and putting in ſome leaf fat out of a hogs belly, as may be done in the other way of dreſſing them.

To COLLAR *a* PIG.

Split the pig up the belly and back; bone it, waſh it clean from the blood, and lay it to ſoak in water for a day and a night; ſhifting the water as it grows red; take it out and wipe it dry; ſtrew the inſides with ſalt, pepper, cloves, mace; pounded and nutmeg grated, then roll them up as hard and tight as you poſſibly can in two collars; bind them well about with tape; then ſew them up in cloths.

As for the liquor in which they are to be boil'd, let that be a quart of white wine, a little vinegar, and the reſt water a great deal more than will cover the collars, becauſe they muſt boil leiſurely for three hours or more; into this liquor, put a race of ginger, a nutmeg cut in pieces, two blades of mace, and a few cloves, a few leaves of ſage, and a ſprig of bays and ſome ſalt.

When

When they have been boil'd tender, take them up and ſqueeze them tight in the cloth; that they may come out in the ſhape; when the liquor they were boil'd in is cold, put to it half a pint of vinegar and keep the collars in it.

To ſtew a PIG.

Firſt roaſt the pig till it is hot; then take off the ſkin and cut it in pieces; then put it into a ſtew-pan, with good gravey and white wine, ſome ſalt, pepper, nutmeg and onion, and a little ſweet marjoram, a little elder vinegar, and ſome butter, and when it is ſtew'd enough, lay it upon ſippets and garniſh with ſlic'd lemon.

Another Way.

Firſt roaſt the pig till the ſkin will come off eaſily, then cut it in ſmall pieces and ſtew it in white wine, with a bunch of ſweet-herbs, ſome ſalt, pepper, cloves, a little ſweet-marjoram powdered and an onion.

When it is enough, ſtrain off the liquor it was ſtew'd in and take part of it, and put ſome muſhrooms into it, and thicken it with cream, and it will be an excellent diſh.

It may be garniſhed with ſlices of lemon and pickled barberries.

To PICKLE PIGEONS.

Firſt bone the pigeons neatly and having ſeaſoned them with ſalt, pepper, cloves and mace; ſew them up on their backs and tie their necks and rumps; boil them in a quart of water, half a pint of white wine, and half a pint of white wine vinegar, or in proportion according to the number of the pigeons, add a ſmall faggot of ſweet-herbs, and a bit of lemon peel, when they have boiled enough, take them out and having boil'd and ſcumm'd the liquor very clean, let it ſtand till it is very cold, then pour it on the pigeons.

Another Way to preſerve PIGEONS.

As ſoon as they are kill'd, pick'd and drawn, waſh them well from the blood and bone them, then ſeaſon them well with ſalt and pepper, mace, and grated nutmeg; boil them in water and vinegar in equal quantities with cloves or other

For the PILES, *ſwell'd and painful, an Ointment.*

Take elder flowers, infuſe them in linſeed oil in a glaſs, let them ſtand in the ſun for a month, then ſtrain it, and to a ſpoonful of this oil add an ounce of bees-wax, and a quarter of an ounce of turpentine, and half the yolk of an egg; beat all theſe together in a mortar, ſpread it on a cloth, and apply it to the piles.

Another for the Same,

Take of linſeed oil one ounce, virgin wax the ſame quantity, camphire a quarter of an ounce, oil of amber half a dram; melt theſe all together, and ſpread it in plaſters, and apply it. This is very good when the piles are very painful.

But the beſt way to prevent them from coming to extremity, is to keep the body always open with lenitive electuary, flower of brimſtone, ſyrup of roſes; or any gentle medicine, among which ſtewed prunes are very good.

For the PILES.

Boil an handful of the leaves of the herb mullein in a pint of milk, and ſweeten it with an ounce of ſyrup of violets; and drink every night when you go to bed for five or ſix weeks, and it will certainly remove the cauſe of the diſtemper.

Another very excellent.

Take one ounce of flower of ſulphur, and four ounces of fine ſugar, pound them with the ſame quantity of the mucilage of gum tacamahaca mix'd with four ounces of red roſe water,

Make this maſs into lozenges, and dry them before the fire, or in a gentle oven; and take about the quantity of a dram every day.

This is a valuable medicine and is us'd in the *Weſt-Indies.*

PIMPERNEL, is of an abſterſive quality, is good for allaying pains, is alſo efficacious againſt the plague and poiſon. If a perſon take it before he goes to bed, and

be

be covered up warm, it will cauſe him to ſweat out the peſtilential humours. Its water or juice is good for the bitings of mad dogs.

The juice being us'd as a gargle, purges phlegm, and gives eaſe in the tooth-ache; and being put in the oppoſite noſtril. it hinders the increaſe of inflammations.

The juice alſo being taken at the noſe, evacuates phlegm from the brain; the ſame being apply'd with honey diſſolves every thing that diſturbs the ſight.

Pimpernel with red or blue leaves, being applied to the eyes, or the juice dropp'd into them, takes away inflammations and dimneſs of ſight.

The blue pimpernel being boil'd with ſalt and water, is good for curing the itch.

A PIPPIN TART.

Take golden pippins, cut them in halves, and core them; then ſtew them with half their weight of ſugar and ſome lemon peel, cut in long thin ſlices and water enough to cover them.

When they are clear, they are enough; then ſet them by to cool, and ſtrain off the ſyrup or liquor, and put that in a pan, and let it ſtew gently with ſome ſlices of candied lemon or orange peel.

Having prepared a ſweet paſte in a diſh, lay in the pippins, and pour the ſyrup and ſweet meats over them, and ſet it in a gentle oven; and when it is hot pour ſome cream either pure or artificial over it and ſerve it up to table.

Paſte of PIPPINS, *&c.*

Scald large golden pippins or golden rennets, with their ſkins on, then pare, core, and pound them well in a marble mortar with a little grated lemon peel.

Weigh the pulp, and take their weight in fine ſugar, add a little water and boil that in a ſkillet to a candy height; then put in the fruit, and boil them thick in the ſyrup till they will leave the ſkillet; and when it is grown almoſt cold, work it up with fine loaf ſugar powdered and make it into cakes, and dry them.

To preſerve PIPPINS.

Let your pippins be either golden or *Kentiſh*. Firſt boil the rind of an orange very tender, and let it lie in water two or three days; then make a ſtrong jelly with pippins, and paſs them through a jelly bag. Pare the pippins, and ſcoop out all the core at the ſtalk end: For every half dozen of pippins, allow a pound of ſugar, and three half quarterns of a pint of water; boil the ſugar and ſcum it well, put in the pippins and the rind of an orange cut into ſlices; make them boil as faſt as you can, till the ſugar is become very thick, and almoſt to a candy; then put in a pint of pippin jelly, make them boil very briſkly till they jelly very well; then add the juice of a lemon, and having given it one boil, put it into pots or glaſſes with the orange mix'd with them.

Kentiſh pippins are better in halves than whole.

To preſerve Golden PIPPINS.

Allow a pound of double refin'd ſugar to every pound of your apples, and a pint of ſpring water; pare the pippins very neatly, taking out the ſtalks and eyes; and having ſet the water and ſugar on the fire, put the fruit into them; cover them cloſe and make them boil as faſt as may be for half a quarter of an hour; then ſet them off a little to cool: Then ſet them on again, making them boil as faſt as they did before, and for half a quarter of an hour; repeat this three or four times, till they are very clear; cover them very cloſe, and let them ſtand till you have made the following jelly for them.

To make CODLIN *or* PIPPIN *Jelly.*

Slice a pound of either codlins or pippins into a pint of ſpring water; boil them till all the taſte of the fruit is gone into the liquor, then ſtrain it out, and to a pint, add a pound of double refin'd ſugar again; then put in your codlin liquor, and boil it a little together as faſt as you can; then put in your fruit, and make them boil faſt for a little while; and juſt before the laſt boiling, ſqueeze in the juice of a lemon; then give it another quick boiling, take great care that they do not loſe their colour.

Then take out the apples, and put them into the glaſſes with the jelly.

To ſtew Golden PIPPINS.

Pare the pippins, and ſcoop out the cores nicely with a ſmall ſcoop; put them in water, to preſerve their colour; to each pound of theſe apples, allow half a pound of double refin'd ſugar, and a pint of water; boil and ſcum the ſyrup, and afterwards put in the pippins, and make them boil briſkly that they may be clear; and when they are ſo, put in a bit of lemon peel, and ſome juice of lemon to your palate.

A PISTACHIO CREAM.

Take a pound of piſtachio nuts, break the ſhells and blanch the kernels, and pound but a couple of dozen, the reſt are to be ſlic'd to be laid on the top of the cream, with a little milk; then put them into a quart of cream, yolks of four eggs, and ſweeten it to your taſte with fine ſugar; put in two ſpoonfuls of the juice of ſpinage ſtamp'd and ſtrain'd; ſet it all over the fire, and let it juſt boil; and when it is to be ſerv'd up, put the ſlic'd kernels on the top.

If yeu like it thick, you may add the whites of a couple of eggs.

PLAGUE WATER

Take proof ſpirits ſix quarts, water three quarts; balm, carduus, dragons, goats-rue, mint, roſemary, rue and ſcorzonera; of each an handful and an half; roots of angelica, butter-bur, maſterwort, and peony, of each three ounces; macerate and diſtil them as uſual.

Another Way.

Take proof ſpirits 6 quarts, water 3 quarts; the roots of gentian, maſterwort and ſnakeweed; of each one ounce, green walnuts bruiſed twelve; rue and elecampane root, of each half and ounce, camphire one dram, horehound one ounce, ſaffron one dram, *Venice* treacle and mithridate of each half an ounce; diſtil and ſweeten with white ſugar one pound and a quarter.

But obſerve the ſaffron is beſt added after the diſtillation.

London PLAGUE WATER.

Take proof ſpirits one gallon, water two quarts, white wine vinegar, one quart; green walnuts, 12 ounces; angelica root four ounces; angelica leaves, ſage, ſcordium, of each a handful and a half; camphire, gentian, ginger, and long pepper, of each three quarters of an ounce; contrayerva, elecampane, ſnake-root, zedoary and vipers fleſh, of each two ounces; *Venice* treacle and mithridate, of each two ounces; macerate them till the vertues are imbib'd by the liquid, and diſtil according to art.

EPIDEMICK *or* PLAGUE WATER.

Take agrimony, angelica with the roots, balm, betony, celadine, carduus, centaury, dragons, mugwort, marigold flowers, roſemary flowers, rue, ſage, ſcabious, ſcordium, tormentil with the roots, wormwood, of each four ounces; elecampane, gentian, liquorice and zedoary, of each two ounces; bruiſe and ſlice the ingredients, and infuſe them in ſix quarts of moloſſes ſpirits; adding three quarts and a pint of ſpring water; diſtil and ſweeten with half a pound of fine ſugar.

The PESTILENCE *or* PLAGUE *in Swine.*

This diſeaſe being accounted infectious, if a hog be ſiezed with it, he muſt be immediately ſeparated from the reſt, and put at ſome diſtance from them.

Let the hog have clean ſtraw, and give him about a pint of good white wine or raiſins, wherein ſome of the roots of the polypody of the oak have been boil'd; and in which 10 or 12 ivy berries have been infus'd.

This medicine will purge him, and by correcting his ſtomach, will diſcharge the diſtemper.

If another hog ſhould after the firſt be attack'd with this diſtemper; clean out the houſe well, give freſh ſtraw, and at his firſt entrance give him ſome bunches of freſh wormwood to feed upon at his pleaſure, and give him the medecine before preſcrib'd; do this upon every freſh occaſion.

PLANTAIN.

The leaves of plantain are good for all ſorts of ulcers, and for cicatrizing ſuch as are old; they take away red blotches, inflam-

inflammations, emrods and tetters; they ſtop the bloody flux, and in general cool all inflamed parts.

A water diſtill'd from them has the ſame qualities, and is very good for defluxions of the eyes; and if drank with ſugar and wine, it relieves ulcers in the bladder.

If plantain leaves be pounded and ſqueezed, and two drams of the juice taken before the fit comes, it will render the fit of a tertian ague much ſhorter and eaſier than otherwiſe it would be; and the juice of the root, if ſteep'd or pounded will do the ſame; or the root it ſelf, if ſteep'd in forge-water.

The leaves are good to be applied to hot gouts to cool them, and eſpecially in the beginning.

If the mouth be waſh'd with the juice, it will cure ulcers in it.

The ſeed of plantain being pounded and drank in rough wine, will powerfully ſtop all ſpitting of blood, provided the perſon has no fever upon him.

The leaves being pounded and applied, take away pains and ſwellings of diſlocations.

Plantain is good for curing burns; and if mixt with the white of an egg, it will cure ſo that no ſcar ſhall remain.

The leaves are alſo good for an inflammation in the eyes, and the mouth being waſh'd with them, will cure bloody gums.

The leaves alſo boil'd in wine, are recommended for ulcers in the bladder, and diſeaſes in the reins.

The root being chew'd, will cure the tooth-ache, and the mouth being waſh'd with the decoction of it, will have the ſame effect.

An excellent Poſſet-Drink in a PLEURISY.

Infuſe two ounces of flax ſeed bruis'd in a pint of clear poſſet-drink; drink this at a draught every morning and at night, if very ill.

For the PLEURISY.

Take red poppies, dandelion, hyſſop and broom-tops, of each two handfuls, ſhred them; of flax ſeeds bruis'd two ounces; freſh orange peel, four ounces, and nine balls of freſh ſtone horſe-dung; put theſe all into a gallon of milk, and diſtil it in a cold ſtill.

This is an excellent water, and may be drank freely of.

You

You may put a ſpoonful of ſack or white wine into every glaſs, if you think it is too cold.

Another for the Same.

Make a poſſet drink pretty thick, with ſmall ale and white wine, and in a quart of that, infuſe three balls of horſe-dung, and an ounce of anniſeeds for three hours; ſtrain it, and drink half a pint at a time, as often as you pleaſe.

For a PLEURISY *and a* FEVER.

After the patient has been bled once or twice, according as there has been occaſion; let him take an ounce of linſeed oil new drawn, ſweetened with ſyrup of lemons, well ſhaken together till they are mix'd; and let him take this quantity every four hours; and when he is going to reſt, give him 30 grains of Gaſcoigne's powder, with a compoſing draught.

He muſt forbear malt liquor, and take care not to take cold.

This has done great cures, when taken in time; and will prevent the diſtemper falling upon the lungs.

To dry GREEN PLUMS.

Let the plums be of the amber ſort, take them while they are green, prick them all over with a pin; and having boiling hot water ready, throw in the plums; let there be ſo much water that the plums being put in do not make it cold; cover them very cloſe, and let them ſtand till all is almoſt cold; then ſet them on a gentle fire, but let them not boil; repeat this three or four times, and when you perceive the ſkins to crack fling in a handful of alum in fine powder, and keep them in a ſcalding ſtate till they begin to be green, then let them have a boil cloſe covered: When they are green, put them into freſh hot water, and let them ſtand all night; the next morning clarify as much ſugar as will cover them; then having firſt drain'd the plums, put them into the ſyrup, give them two or three boils; do this daily for two or three days, till you find them very clear. Then let them ſtand in the ſyrup for a week or more; then lay them on ſieves, and ſet them in a hot ſtove to dry.

If you would bring the plums to greeneſs very quickly, uſe verdegreaſe finely beaten, inſtead of alum, and add ſome vinegar;

negar; ſhake it in a bottle, and put it into them when the ſkins begin to crack, give them a boil and they will be quickly green.

Some of them may alſo be put into a codlin jelly, having firſt boil'd the jelly with its weight of ſugar.

To dry Amber or white PLUMS.

Firſt ſlit the plums in the ſeam; then make a thin ſyrup, and if you have any apricock ſyrup, after the apricocks have been dry'd, put a pint of ſyrup to two quarts of water; but if you have not apricock ſyrup, then make a thin ſyrup.

Make this ſyrup ſcalding hot, and then put in the plums; there muſt be enough to more than cover the plums; keep them under the ſyrup or they will turn red; let them be kept in a ſcalding ſtate till they are tender, but not too ſoft.

Then having ready prepar'd a thick ſyrup of the ſame ſugar clarified and cold enough to cover the plums; let them boil, but not too faſt, till they are very tender and clear, ſetting them ſometimes off the fire; then lay a paper cloſe to them, and ſet them by till the next day; then boil them again till the ſyrup is very thick; let them lie in the ſyrup four or five days, and then lay them on ſieves to dry.

You may do ſome in codlin jelly; firſt boiling the jelly with its weight of ſugar, and putting in the plums hot to the jelly. Put them up in pots or glaſſes.

To dry Black Pear PLUMS, *Muſcle* PLUMS, *or great* MOGULS.

Firſt ſtone the plums, then put them in a large earthen pan; make a ſyrup with a pound of ſugar and three pints of water; boil the ſyrup well, and when it has ſtood till it is ſo cold that you can bear your hand in it, put it to the plums; cover them cloſe, and ſet them by for all night; the next day having heated the ſyrup two or three times but never too hot; when they are tender lay them on ſieves, with the ſlit downwards to dry.

Set them into an oven after bread and pyes have been drawn; let them ſtand all night; then turn them and ſet them into a cool oven again, or in a hot ſtove for a day or two; but if they are too dry they will not be ſmooth; then make a jam to fill them with.

Take 10 pounds of plums, the ſame with your ſkins; cut them off the ſtones, and allow them three pound of ſugar powder-

powdered; boil them gently on a ſlack fire, continually ſtirring them till they are grown ſo ſtiff that they will lie on a heap in the pan; this will take up at leaſt four or five hours.

This done, lay it on earthen plates, and when it is cold, break it with your hands and fill the ſkins; then waſh every plum, and wipe off all the clam with a cloth.

As you waſh them lay them on a ſieve; ſet them into an oven made as hot as for the ſkins; let them ſtand all night, and they will be blue in the morning.

The great white *Mogul* makes a fine black plum; theſe are to be ſtoned and put in after the ſyrup, either with or after the black plum, and the ſyrup muſt be heated every day, till they become of a dark colour; they will become blue as well as the muſſel plums, and better than the black pear plums.

If any of theſe plums grow ruſty in the winter time, put them into boiling hot water; but let them not lie in it any longer than to be well waſh'd,

Lay them on a ſieve, not ſingly, but one on another, and they will blue the better; ſet them in a cool oven all night and they will become as blue and freſh as at firſt.

To dry PLUMS, *after the* French *Faſhion.*

Put white pear-plums or any large black plums into an earthen pot; make plum ſyrup almoſt ſcalding hot; then pour it on the plums, and give the ſyrup a ſcald every day, till they are tender and red; then lay them on ſtoves, and ſet them in an oven to dry, and turn them every day till they are thoroughly dry; then lay them between papers and keep them in a dry place.

To preſerve WHITE PEAR PLUMS.

Firſt ſlit the plums, then ſcald them in a thin ſyrup; as if you were to dry them; then put them into a thick ſyrup of clarified ſugar, ſufficient to cover them; let them boil very ſlowly, till they become very clear; ſetting them now and then over the fire.

Let the ſyrup be made with the weight or ſomething more of clarified ſugar, when they are come to be tender and clear; allow for every pound of plums (when they are raw) a pint of apple jelly, and a pound of fine ſugar, boiling it till it jellies; put the plums into the jelly before they are cold; but not more than half the ſyrup they were boiled in; then

then boil them together till they jelly well; put them up in pots or glaſſes, with papers cloſe to them,

Some of them may be kept and put into the jelly as they are us'd.

To preſerve Black Pear PLUMS *or* DAMASCENS.

Take four pound of plums, ſlit them in the ſeam; then take three pints of jelly made of the ſame plum, and ſeven pound of ſugar; boil the jelly and ſugar, and ſcum it very well; put the plums in a pot, pour the jelly on them ſcalding hot: When they are almoſt cold heat them again; repeat this till they are tender, and then ſet them by for two or three days, giving them a heat every day; then boil them till they are clear and jelly; but take care not to boil them too faſt.

WHITE PLUM PASTE.

According to the quantity you intend to make, to a pint of water allow a pound of ſugar at leaſt; boil them and alſo ſet ſome water to boil, and when it does boil put in your plums; let them have but juſt one boil, and then take them out with a ladle; as they ſlip their ſkins off; pull off the ſkins, and put the plums into the ſyrup; be as quick as you can in doing this, leſt they ſhould turn.

Boil them till they are all to maſh, and to a quart of plums add a pint of apple jelly; boil them well together, and pulp it through an hair ſieve; and to a quart of this put three pounds of ſifted ſugar; let the jelly boil, before you ſhake in the ſugar, and let it ſcald till the ſugar is all melted; ſcum it, put it into pots, and dry it in a ſtove.

Another Way.

Let the plums be half white and half red; boil them in juſt as much water as will cover them; to every quart of plums allow a pint of apple jelly; boil theſe well together; pulp it through a hair ſieve, and to a quart of jelly allow three pound of ſugar; ſcald it till the ſugar is all melted; ſkim it well and fill it into pots; then dry it as you do other cakes.

Some of this may be put into plates, and made into fruit jumbals.

WHITE *Pear* PLUM CLEAR CAKES.

Take as many white pear plums as will make a quart, and as much boiling water as will cover them; make them boil a great pace, till they are in pieces; then having prepar'd a quart of apple jelly, put it to the plums and boil them together very brikly; then pafs it through a jelly bag.

To each quart allow three pound of ſifted ſugar; firſt boiling the jelly, and then ſhaking in the ſugar; ſet it on the fire, keep it in a ſcald till the ſugar is melted; put it into pots, ſet them in a ſtove; dry them and turn them, as you do other clear cakes.

RED PLUM CLEAR CAKES.

Let the plums be half white and half black, or inſtead of the latter, of damaſcens one third part; boil theſe very well in as much water as will cover them; and to one part of plums allow a quart of apple jelly; when they have been boil'd well together, paſs it through a jelly bag; to a quart of jelly add three pound of ſugar, ſhaking in the ſugar while the jelly is boiling; let it ſcald but not boil; paſs it through a thin ſtrainer into a broad pan, that you may ſcum it; then put it into pots and ſet it in a ſtove.

When it is candied, turn it as other clear cakes.

It may be made either paler or redder, according to your mind, with more or fewer black plums.

An extraordinary good PLUM CAKE.

Take three pounds and a half of fine flour, and a pound and a quarter of butter; which put to the flour; add three pounds and a half of currants, a nutmeg grated, and a quarter of an ounce of mace, and half as much cloves, and finely pounded; half a pound of ſugar, the yolks of eight and whites of ſix eggs; pour in three quarters of a pint of good ale yeaſt, and as much cream warmed as will be enough to wet it; pouring ſack to the cream to make it as thick as butter; pound likewiſe half a pound of almonds with ſack and orange-flower-water; but do it not fine, but groſly; add half a pound of orange, lemon and citron peel, or more if you pleaſe; mix all well together, put it into a hoop with a ſheet of paper under it to ſave the bottom.

To make PLUM POTTAGE.

Take a pretty large leg of beef; boil it in as much broth as will be of a jelly when cold; ſtrain it and ſet it by till it is cold, that you may take off the fat; then ſet it on the fire again, and to every quart of broth allow a quarter of a pound of currants, and two ounces of raiſins clean pick'd and waſh'd; ſtew alſo two pounds of prunes; and when they are plump'd, pick the faireſt to put in whole, and pulp the reſt through a cullender, and waſh the ſtones and ſkins clean in ſome of the broth.

Add to every four quarts, the crumb of a penny white loaf grated, and half a nutmeg grated, and the ſame quantity of cloves and mace; and the weight of all theſe three ſpices, of cinnamon; let the ſpice be finely powdered, and add ſalt and ſugar to your taſte; when the fruit is plump'd it is enough.

Juſt before you take it off the fire, ſqueeze in the juice of three or four lemons, and put in the peel of a couple, and a quarter of a pint of claret to a gallon; and alſo a quarter of a pint of ſack, which muſt be put in with the fruit.

POLY, is a plant that is bitter taſted, inciſive, aperitive and abſterſive. The decoction is good in the obſtructions of the noble and inward parts; it provokes urine and the *Menſes*, and is us'd while green in the healing of wounds; being applied freſh to the forehead it is good for cataracts and dimneſs of ſight; and ſome affirm that there is not a better remedy.

POLYPODY.

That which grows on trees is the beſt, and eſpecially that on the oak, and that which is neither too green nor too old; or elſe it will have either too much or too little moiſture.

The roots of it being a little bruiſed and boil'd with mallows, beet, or the like, purges gently.

Alſo a ptiſan is made of it; and being reduc'd to a powder, it enters the compoſition of medicines for evacuating choler and phlegm; being taken as ſnuff, and well pulveriz'd, it conſumes a polypus; and being worn about the neck, prevents all diſtempers to which the noſe is liable.

POLYTRICHON.

This plant has a drying, diſſolving and digeſting quality. The decoction of it is good in the ſtone, and for cleanſing the lungs, diſcharging the groſs humours that ſtop the *diarrhœa*, and has the ſame effects as *Adianthum*; being applied outwardly to the head it makes the hair grow again that has fallen off by reaſon of ſickneſs.

POMATUM, *to make.*

Take two ounces of oil of ſweet almonds, and two drams or ſomething more of mutton ſuet, newly kill'd, and ſome orkanet ſcrap'd; boil theſe all together, and keep it for uſe.

Or you may make uſe of oil of jeſſamin, or ſome other flower you like, inſtead of the oil of ſweet almonds. The oil of ſweet almonds ought to be that which is cold drawn.

POPPY.

The vertues are; they are good for ſtopping of looſeneſſes, aſſuaging pains, preventing coughings, and allaying vapours, and in a word are narcotic and promote ſleep.

They are boil'd in decoctions for glyſters, and are good for removing cholicks.

The juice has a more powerful vertue; but is more dangerous, opium being the juice drawn from the heads of them, taken to the quantity of the ſeed of a vetch, will allay pains; and above all the head ache, procures ſleep, prevents coughing and defluxions upon the ſtomach.

Compound POPPY *Water.*

Take proof ſpirits one gallon, into which put as many red poppies, as the ſpirits will wet; put them in a glaſs bottle, and ſet them in the ſun for two or three days; then add a quarter of a pound of raiſins ſlic'd, of figs and liquoriſh cut in pieces, of each two ounces; cardamums, coriander ſeed and cubebs, of each one dram; bruiſe the ſpices and put them into the ſtill with three quarts of common water, lute it well and with a gentle fire diſtil off, while the faints appear; then put the diſtill'd liquor into a wide mouth glaſs veſſel, and add to it two handfuls of freſh red poppy flowers, of cinnamon, one dram; citron peel a quarter of an ounce, nutmegs and mace, of each half a dram; white ſugar half a pound,

pound diſſolv'd in a pint of water; let theſe infuſe for two or three days more; then ſtrain off the liquor, and paſs it it thro' a filtre or flannel bag for uſe.

To roaſt a Breaſt of PORK.

Take a breaſt of pork, having as much ſkin left on a very large breaſt as you can get; bone it, and rub it pretty well with ſalt all over; then take ſage, a little thyme ſhred ſmall, a whole nutmeg, and a little cloves and mace finely beaten; ſtrew the ſpice and herbs all over, the meat very thick, and rub it in; then roll it up tight with the fleſh inward, ſtitch it faſt together, and roaſt it lengthways till it is enough.

To PICKLE PORK.

Firſt bone it and having cut it into ſuch pieces as will lie beſt in the powdering tub; rub every piece well with ſalt petre and common ſalt, of each an equal quantity; covering it with ſalt, and alſo ſtrewing ſalt in the bottom of the powdering tub; and laying the pieces as cloſe one to another as you poſſibly can; alſo ſtrewing ſalt round the ſides of the tub.

As you find the ſalt melts on the top, ſtrew on more: Thus ordered, it will keep a great while and be very good.

PICKL'D PORK.

For *Green Bacon* or *Pickl'd Pork*, which are one and the ſame; the beſt way will be to ſcald the hog.

When you have kill'd and dreſs'd a hog, let him hang up for 24 hours before he is cut out, if he be deſign'd for pickled pork, then cut him in pieces as you think convenient, and ſprinkle upon them a little common ſalt, which will draw out the more bloody juices from the fleſh, and prepare it to receive the ſalts, which are afterwards to be uſed the better, and will alſo make the pork keep longer.

If the hog be of a large ſize, it will be beſt to take out the bones; becauſe when the fleſh is groſs, the meat will be apt to taint or grow muſty, where the bones join to it.

If the hog weighs 21 ſtone after it has been dreſs'd, mix the following ingredients well together in an iron pan ſet over the fire till they are hot, *viz.*

Three quarters of a peck of common ſalt, ſix ounces of ſalt petre or nitre, one pound and a half of petre-ſalt, and three quarters of a pound of coarſe ſugar; rub this mixture well upon the ſeveral pieces of pork while it is hot, ſparing no pains in doing it; for this will make the ſalts penetrate the better into the fleſh and render it the ſooner ready for eating.

Having done this, lay them cloſe together in well glaz'd earthen powdering pans, and turn them every other day for a fortnight, every time rubbing them well with common ſalt; changing the pieces that are at the bottom of the pan to the top, that they may be pickled; taking care to keep the veſſels cloſe covered.

If all the pieces do not feel hard in ten days or a fortnight, after this management 'tis a ſign that they want ſalt and good rubbing. and muſt be rubb'd afreſh with ſalt; for the ſtubbornneſs of the fleſh is the ſureſt ſign of its being well cured.

As to the length of the time mention'd, it is ſuppoſed that the pieces weigh four or at moſt five pounds each; if they be larger, you may double the quantity of ſugar, and they will require a longer time before they are cur'd, and conſequently the more trouble in ſhifting them. Some who have doubled the quantity at firſt preſcrib'd, affirm that it has ſtill a better effect than the quantity of ſugar preſcrib'd, altho' the pieces are not above four pounds each.

A certain author ſays, that of all the pickled pork he ever eat; or all the moſt admired bacons of *Europe*, no fleſh is ſhorter or finer than the pork prepared as before directed, or is the fat firmer, or of a more agreeable colour in any, than you find it in this.

A POTATO PYE.

Boil two pound of *Spaniſh* potatoes till they are tender, then peel them, and ſlice them the long way; lay them in a diſh and having the marrow of four bones in pretty large pieces; lay it upon the potatoes; add two ounces of preſerv'd barberries, the ſame quantity of citron and lemon peel

peel, ſix ſlices of lemon dipp'd in ſugar, the rind being cut off; pour in alſo a quarter of a pint of canary; cover the potatoes with puff-paſte, and when the cruſt is baked, it is enough

When it comes out of the oven, take off the lid, let it cool a little, and having made a caudle of half a pint of canary; the yolks of four eggs, half a pound of butter, a quarter of an ounce of beaten cinnamon, make it very ſweet and pour it into the pye; but take care the caudle do not turn in the making.

POULTRY.

It may not be unneceſſary here firſt to take notice of the difference between fowls and birds; which may be diſtinguiſh'd as follows.

A fowl always leads its young to meat, and a bird carries the meat to the young; and for this reaſon we find that fowls always make their neſts upon the ground; while birds for the moſt part build their neſts aloft; ſo that our common poultry are fowls, the pheaſant, partridge, peacock, turky, buſtard, quail, lapwing, and ſuch like are fowls; but a pigeon is a bird, and a ſtork or crane, and a heron are birds, for they build their neſts aloft, and carry meat to their young ones.

The characteriſtick of the poultry-kind are alſo to have ſhort, ſtrong and ſomewhat crooked bills, which are the beſt fitted for picking up the grains of corn, pulſe, and other ſeeds, which are chiefly what theſe fowls feed upon; and we may obſerve, that as neither fowls nor birds, have teeth to chew their food with, for that reaſon they are by nature provided, not only with a crop to mollify and ſoften their meat; but alſo with a ſtomach furniſh'd with thick ſtrong muſcles, the uſe of which is to grind the grains of corn, or any hard meat which they ſwallow whole; which is perform'd by the help of little ſtones, which fowls and birds ſwallow now and then, and which ſupply to them the want of teeth.

It is alſo to be obſerved, that fowls for the moſt part lay a greater number of eggs than birds do, even many more than they can ſet upon at one time: Some have laid to the number of 30; whereas ſcarce any bird lays above five

or ſix, except the wren and the tom tit, and a pigeon no more than two.

Again poultry contrary to birds or others of the wing'd race are armed with ſpurs, and cocks of the common poultry diſtinguiſh themſelves from diurnal or day fowls by crowing or ſinging in the night, as alſo does the nightingale diſtinguiſh it ſelf from the reſt of the bird-kind.

As for the life of common poultry, ſome authors make it to be about ten years; but that a cock becomes unfit for the hens after they are four years old; and it is found by experience, that a cock ſhould have no more than ſix or ſeven hens, to have ſtrong and healthful chickens.

When fowls are near their laying-time, ſpurry ſeed, and buck wheat is an excellent ſtrengthening for them.

It is obſervable, that a capon being made to bring up a brood of chickens, like a hen chucking of them, brooding them, and leading them to their meat, does it with as much tenderneſs as a hen or their dams would have done.

Some in order to make a capon very tame and familiar, ſo as to take meat out of one's hand; about the evening do pluck the feathers of the breaſt, and to rub the bare ſkin with nettles, and then to put the chickens to him, which immediately running under his breaſt and belly, and ſo rubbing his breaſt gently with their heads, do perhaps allay the ſtinging and itching occaſioned by the nettles; or probably they may contribute to the warming of that part where the feathers are pluck'd off: But the bare part muſt be rubbed with nettles for three or four nights one after another, till he begins to love and delight in the chickens.

When a capon has been accuſtomed to this office; he will not eaſily leave it off; but as ſoon as he has brought up one brood of chickens, another may be put to him, and ſo a third when the ſecond brood are able to ſhift for themſelves.

Tho' the ſorts of houſe or common poultry are many; but the uſe of them for the table is the ſame, therefore I ſhall take notice only of ſuch as are of the large dunghil kind; or of the *Hamburgh* ſort of the game kind, and the ſmall *Dutch* kind; which laſt ſome admire for the fatneſs of their fleſh, and for their being great layers, eſpecially in the winter; but the largeſt ſort do certainly lay the largeſt eggs.

As for the game breed, ſome have a notion that their fleſh is whiter and tenderer than the other ſort; but as they are very quarrelſome, this contributes to render themſelves and their broods weak.

If you would have a large ſtock of poultry, it is abſolutely neceſſary, not only to ſecure the hen houſe well from vermin; but alſo to keep it dry and clean, and to allow them as much air as may be; for if it be not often clean'd, the ſcent of the dung will give the fowls the roup.

Care muſt likewiſe be taken that their perches may be conveniently and eaſily plac'd, and that they be not over any of the hen's neſts, which ought always to be clean and dry, bedded with ſtraw, for hay is apt to make ſitting hens faint and weak.

When you deſign to ſet a hen, lay up her eggs as ſhe lays them in a dry barn; and when ſhe clucks put no more in her neſt than ſhe can well cover,

Many hens will cluck in *March* for ſetting, and in this caſe chooſe the eggs from good breeders, and particularly from ſome that are little more than a year old; but chuſe the old hen to ſit upon the eggs, for they will ſit cloſe and will bring forth the beſt brood of chickens, and be more careful in bringing them up, than the young ones.

You may alſo in this month ſet duck eggs under the hens, and it is very probable that gooſe eggs may be forwarded in the ſame manner; but you muſt be ſure to ſet them under a hen of the large breed, and not to ſet more eggs under her than ſhe can cover cloſe.

Mr. *Bradley* tell us, that he has us'd a method of hatching eggs ſomewhat after the *Egyptian* manner; in a hot bed of horſe dung or tanners bark, as follows.

Take an earthen veſſel like a garden pot; but not quite ſo deep, fill it half way with wool or cotton, and lay as many eggs on the bed as will make a ſingle layer, ſo as not to come within an inch of the ſides of the veſſel; then fill up the pot with wool, covering the eggs about four inches thick, and ſet the pot up to the rims in the bed, with a frame and glaſſes, ſuch as is uſed for cucumbers, and theſe eggs will be hatched in due time.

But if the weather proves very cold, they muſt be carefully nurſt by the fire, and if they be water fowls they muſt have pans of water agreeably warm, which they will of their own accord go into. If you can make fowls lay, you may always hatch them.

The eggs of many ſorts of curious fowls may be tranſported from one place to another in boxes of bran cloſe ſhut down, in order either to ſet under hens, or to be hatch'd this artificial way.

To fatten Fowls.

The beſt way to fatten chickens, is to put them up in coops, and to feed them with barley meal; but particularly to put a ſmall quantity of brick duſt in their water, which they ſhould never be without; becauſe it gives them an appetite to their meat, and fattens them in a ſhort time.

For it is to be conſidered, that all fowls and birds have two ſtomachs as they may be call'd; the one is the crop which ſoftens their meat; and the other the gizzard that macerates it; in the laſt is always found ſmall ſtones and ſharp ſand which help to do that office; and without them, or ſomething of that kind a fowl will fail in its appetite for eating; ſo the gizzard cannot macerate and grind the meat faſt enough to diſcharge it into the crop, without ſuch ſand or ſtones, and this is aſſiſted by the brick duſt.

In the choice of fowl for eating; thoſe that are white-leg'd, and white-feathered, are accounted tenderer and finer in their fleſh than thoſe of any other colour, and are at the ſame time much weaker; and for this reaſon cock-fighters do not approve of them.

Thoſe of black feathers, are accounted the hotteſt and moſt fiery, and their fleſh is coarſer than that of other fowls.

It is an obſervation, that the fleſh of fowls or chickens boil'd, is more eaſie of digeſtion, than that of theſe that are roaſted, and the fleſh of the legs, than that of the breaſt.

And Mr. *Ray* obſerves, that the parts of fowls that are moſt in action are eſteem'd the beſt; and accordingly he prefers the legs of a tame fowl, and the wings of wild ones; that is the fleſhy part of the breaſt.

It is to be objected, that poultry are more ſubject to breed early as they are invigorated by hot food, or a plenty of wholeſome food; therefore let them not want in *December* and *January*, that you may have chickens fit for the table in *April*.

The POX *in Swine.*

This diſtemper is remarkable in hogs that have been ſcanted

ſcanted of their neceſſary ſuſtenance, and eſpecially water; tho' ſome have imagined that it proceeded from a venereal cauſe, by which the blood has been corrupted.

It appears in many ſores upon the body, and whatever boar or ſow happens to be infected with it; will never, thrive altho' they have the beſt of food given them.

For the cure, give them inwardly three large ſpoonfuls of treacle in water that has firſt been made indifferently ſweet with honey, about a pint at a time, and annoint the ſores with flour of brimſtone well mixt with hog's lard; to which you may add a ſmall quantity of tobacco duſt.

While the inward medecine of treacle is given, keep the hog in a houſe by himſelf till he is cured,

PRAWLINS *or fry'd* ALMONDS.

Take a pound of the beſt *Jordan* almonds, rub them very clean from duſt; then wet a pound of loaf ſugar with orange flower-water, and having boil'd it to a ſyrup, throw in the almonds, and boil them to a candy, keeping conſtantly ſtirring them till they are dry; then lay them into a diſh, picking out the looſe bits and knobs, which will be about them; then put the almonds again into the preſerving-pan, and ſet them over a ſlow fire, till ſome of their oil comes from them into the bottom of the pan.

A PAN-PUDDING *to fry.*

To a quart of milk, put a pound and half of flour, three quarters of a pound of beef ſuet, ſhred very fine, and ſifted through a cullender; three quarters of a pound of currants pick'd, waſh'd and plump'd; ſeaſon with ſalt, nutmeg, and a little ſugar; ſix or eight eggs beaten and ſtrain'd; after you have mixed all well together, fry them in a good quantity of lard or dripping, making them little bigger than fritters.

A very good PLUM PUDDING.

Shred a pound of ſuet very ſmall, ſift it, and a pound of raiſins ſton'd, four ſpoonfuls of flour, and as many of ſugar, the yolks of five eggs; beaten with a little ſalt; tie it up tight and boil it at leaſt four hours.

BOTTLED PUNCH

Take a gallon of good brandy, and put to it the parings of ſix lemons, and as many oranges; let them infuſe for four days.

In the mean time take ſix quarts of ſoft water, and a pound and an half of fine ſugar, with the whites of ſix eggs, beaten up to a froth in a little of the cold water; mix them together, and ſet the liquor over the fire, and when it boils ſcum it, as long as any ſcum riſes. Then ſet it by till it is cold, and then put it up tinto a proper veſſel, and add to it the brandy with the peels, and as much of the pieces of lemons as you think fit; ſtop up the veſſel cloſe and let it ſtand for ſix weeks; then rack it off for uſe.

This is a ſtrong punch to be uſed only as a cordial dram of a grateful taſte and flavour, and is ſold in ſome taverns under a foreign name.

PURSLAIN, is good againſt all diſorders proceeding from hot cauſes, as inflammations of the kidneys, liver, ſtomach, *&c.* urine, loſs of blood, dry cough, venereal heats, gonorrhæas, burning fevers.

The juice and ſeed are good for fevers in young children, and killing of worms; and a water diſtill'd from them, has the ſame effects.

Purſlain ſurpaſſes lettice in quality; it not only has all the virtues the other has, but is alſo good for pains in the bladder, and heat in the kidnies; it allays the heat of fevers, and carnal concupiſcence, and being applied to wounds that are diſpoſed to a gangrene it puts a ſtop to it.

Being chew'd it cures ulcers in the mouth, tooth-ache, and the ſwelling of the gums.

The ſeed being given with hony, gives relief to thoſe that are troubled with the ſhortneſs of breath.

Half a glaſs of the juices of purſlain with a little ſugar, will ſtop the ſpitting of blood, and the overflowing of womens menſes.

The herb being applied to the forehead, allays the head-ache

A SWEET PYE.

Take either a loin of lamb which will need ſcarce any more than its own fat; or a couple of chickens, to which you

you may allow half a pound either of marrow or butter; ſeaſon with ſalt, ſugar, pounded cloves and mace; lay your lamb or chickens into a diſh, and add five yolks of hard eggs and ſome forc'd meat balls, made as follows.

Take a pound of lean veal, mince it ſmall with half a pound of beef ſuet, a little parſly, ſpinage and thyme, ſhred very ſmall and mix'd up with grated bread, the yolks of two eggs, and ſeaſon'd with ſalt, ſugar, cloves and mace; pound all theſe very well in a mortar, and colour it with a little juice of ſpinage, and make it up into large balls, of which lay as many into the pye as will conveniently lie; alſo ſhred a lemon peel and put in, and alſo ſome ſweet meats and a coffee diſh of water, with the juice of a large lemon.

Cover this with a puff paſte, and when it comes out of the oven cut up the lid, that the greatneſs of the heat may abate, and then pour in the following caudle.

Thicken half a pint of white wine with the yolks of three eggs; and ſweeten it according as you think fit.

PARIS PYES.

Parboil a capon a little (or a couple of chickens) boil and ſkin it; then mince it very fine; ſhred a pound of ſuet as fine; blanch a pound of almonds, pound them with canary or orange-flower-water, enough to keep them from oiling; ſeaſon all with a little ſalt, nutmeg, cloves and mace, and double the quantity of ſugar to the ſpice and ſalt, and having mix'd all the ingredients well together; make them into little puff petits patties, either to be baked or fry'd.

Before you cloſe them up, lay thin ſlices of candied orange, citron or lemon peel; bits of marrow and the kernels of piſtachio nuts.

A CHESHIRE PYE *with* PORK.

Take ſome loin or leg of pork ſalted, cut it into pieces in the form of dice, or as you would do for a haſh. It is no matter if it be boil'd or roaſted; then having par'd an equal quantity of potatoes and cut them into dice, or into ſlices. Make your pye cruſt, and lay ſome butter in pieces in the bottom with pepper and ſalt; then put in the meat and potatoes, and ſeaſon them according to your liking; but the common ſeaſoning is pepper and ſalt, and lay on the top ſome pieces of butter. Cloſe up the pye, put in a pint of water

juſt

juſt before it goes in, and bake it in a gentle oven. The water muſt not be put in the night before, for if ſo it will ſpoil the pye.

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QUAILS *to dreſs à la Braiſe*, i. e. between two fires, and in a ragoe.

Take ſome of a fillet of veal, ox marrow, ſalt, pepper, and parſley, and force the quails with this farce; then lay bards of bacon in the bottom of the pan or pot, and alſo ſlices of beef and veal; lay the quails upon them, ſeaſoning them with ſalt, pepper and ſweet herbs, and bake them gently between two fires, and when they are enough, having ready a ragoe made of veal ſweet-breads, truffles, cocks-combs and muſhrooms, into this put in the yolk of an egg and ſome cream, ſerve them up in it hot.

Or you may make your ragoe by ſlitting the quails in halves, but not ſeparating them, and fry them in lard ſeaſoned with ſalt, pepper, ſweet herbs and nutmeg; adding ſome muſhrooms and a little flour, and when you ſerve them up, add mutton gravy and lemon juice.

QUAIL POTTAGE, *to make.*

You may, if you pleaſe ſtuff the quails with a farce made of capons breaſt and beef marrow, ſeaſoned with ſalt, pepper, nutmeg, and the yolks of raw eggs; boil them in an earthen pot or otherwiſe; with a bunch of ſweet herbs and good broth; then ſtrain a couple of artichoke bottoms thro' a hair ſieve, with the yolks of ſix eggs and ſome of the quail broth, and ſet them to ſtew on hot embers, or a very gentle fire; ſoak ſome cruſts well and dreſs the quails and pour the cullis upon them.

You may alſo farce them with truffles. Garniſh the diſh with artichoke bottoms, mutton gravy, and muſhroom juice.

To preſerve whole QUINCES.

Take two pound of quince, after it has been pared, quartered, and all the hard cut out, to which add two pounds of fine ſugar, and a pint of water; boil this very faſt till it is all

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to pieces; then take it off and break it very well, ſo that there may be no lumps in it; boil it till it is very thick and well jellied; then put the quinces into fine muſlin and tie them up round.

This quantity will make ſix quinces. Set them into ſix pots or china cups that will each hold one; cut off the ſtalk end of the quince, and put it into the pot or cup to make a dent in the quince, that it may look like a whole quince; let them ſtand two or three days, that they may be very ſtiff; then take them out of the muſlin, and make a ſtrong jelly with apples and quinces; take two quarts of jelly and four pounds of ſugar; boil this faſt till it jellies very well; then put in the quinces and give them two or three boils to make them hot; put them in pots or glaſſes with paper cloſe to them.

To make QUINCE CHIPS.

Pare and ſlice the quinces, put them into boiling water, and boil them very briſkly till they are tender; but not ſo much as to break them, Take them out with a ſkimmer, lay them on a ſieve till they are well drain'd; then having before prepar'd a very thick ſyrup of clarified ſugar, put them into juſt ſo much as will cover them, and boil them till they become very clear; the next day give them a ſcald, and if they want any ſyrup, put in another pint, but let it be very thick; give them a ſcald twice more, then lay them on earthen plates; ſet them in a ſtove, ſift ſugar over them, turn them now and then, ſifting ſugar over them till they are dry,

To make QUINCE PASTE.

Pare quinces, cut them into quarters, and to a pound of quince allow a pound of ſugar, and half a pint of water; boil it faſt till the quinces are all to pieces; then rub it very fine, till no lumps remain in it; then add to it a pint of quince jelly, boil'd with as much water as will cover them, which paſs through a jelly bag; boil the quince and jelly together, and to a pint of it add a pound and a quarter of fine ſugar; ſcald it; bot do not ſuffer it to boil, before the ſugar is melted, ſcum it well and ſet it in a ſtove; turn it when it is candied; twice turning will be ſufficient.

To make QUINCE CLEAR CAKES.

Firſt pare and quarter your quinces, then boil them in juſt as much water as will cover them, and as it boils away put in more; but by a little and a little at a time make it a very ſtrong jelly, and paſs it through a jelly bag; allow a pound and half of the fineſt ſifted ſugar to a pint of jelly; make the jelly boil, then put in the ſugar, and let it ſcald till the ſugar is melted; then paſs it through a ſtrainer, ſet in a broad earthen pan; fill it out into ſmall pots, and when it is hard candied, turn it on glaſſes, as other clear cakes.

If you would have any of your cakes red, add ſome of the jelly of black bullace, and give it a boil after the red is in, and before you put in the ſugar.

WHITE QUINCE MARMALADE.

Firſt pare and quarter the quinces; then boil them in juſt water enough to cover them, till they break all to pieces and come to a jelly, which paſs through a jelly bag; then take a quarter of a pound of quince, pare, quarter, and cut out all the hard of it, and for every pound of quinces allow a pound and half of fine ſugar pounded, and half a pint of water, and boil it till it is very clear; keep it ſtirring and it will break as much as it ought to do; after the ſugar has been boil'd till it is very thick, almoſt to a candy, put in half a pint of jelly, and make it boil very briſkly till it jellies: When you take it off, ſqueeze in the juice of a lemon, ſcum it well, and put it up into pots or glaſſes: If it has lumps in it, it is the better.

RED QUINCE MARMALADE.

Having pared, quartered and cut all that is hard out of the quinces, put to them a pound and half of ſugar and half a pint of the juice of barberries, with the ſame quantity of water as you do jelly or other fruit; boil it very briſkly and break it ſmall; and when it is all to pieces and jellies it is enough.

If you would have the marmalade of a very fine colour, put a few black bullace to the barberries, when you make the jelly.

QUINCES *in Compote.*

Take Quinces, wrap them up in a wet paper and roaſt them in hot aſhes, and when they are enough, cut them into quarters, take out the cores, peel them and put them into a pan, with ſome ſugar and a little water, and let them take in the ſugar, when it thickens, and becomes of a good conſiſtence; then take them up to be eaten.

Another Way.

Or you may roaſt them, pare them, and cut that part that is moſt done into ſlices, and lay them in a diſh or plate, with powder ſugar and a little ſweet water; cover them, and ſet them upon hot embers to ſoak gradually, and you will have a ſyrup of an exquiſite taſte.

QUIDDANY *of* QUINCES.

Cut them into ſmall pieces, parings, kernels and all, put a dozen of quinces into about three quarts of water, and make a decoction of them, boiling them till it is reduc'd to a quart, to which put four pounds of ſugar; then boil it till it comes to a jelly, and put it up into boxes or pots, having reſted a little; but before it is cold. This is not only good for people in health; but alſo for ſuch that are troubled with the bloody flux.

QUINCE WINE.

Let your quinces be very ripe, and gathered in a dry day, wipe them very clean with a coarſe cloth, then grate them with a coarſe grater, or raſp them as near the core as you can; but do not grate in any of the core, nor the hard part about it; then ſtrain the grated quinces into an earthen pan; and to each gallon of liquor put two pounds of fine loaf ſugar, and ſtir it till the ſugar is diſſolved; then cover it cloſe, and let it ſtand 24 hours, by which time it will be fit to bottle, taking care in the bottling of it,, that none of the ſettlings goes into the bottles. This will keep good about a year.

For the QUINSEY.

Mix freſh cow dung with hogs lard over the fire, and apply it by way of poultice as hot as can be borne; as it cools lay on another hot, and ſo continue till it has given eaſe. This draws out the humour, and opens the paſſage of the gullet.

Another Way

Some perſons, when bleeding has fail'd in giving relief, have gotten a ſwallows neſt, as whole as they could, and boil'd it in milk till it is ſoft, then wrapped it in a cloth, and apply'd it to the patients throat as hot as he could endure it.

This excellent poultice has very often cured when other remedies have proved ineffectual.

The QUINSEY *in Swine.*

Swine are very ſubject to this diſtemper, and it frequently happens to them when they are half fatted; and will prevent their feeding, and in three or four days reduce them to as great poverty of fleſh as they were in before they were put up to feed.

This malady is a ſwelling in their throat.

The cure is to bleed them a little above the ſhoulder or behind the ſhoulder: but ſome recommend bleeding under the tongue as the moſt certain; and others approve of ſettering, any of which will do.

R

RABBETS.

A Rabbet begins to breed at a year old, will kindle leaſt 7 times a year, if it litters in *March*: It carries its young in its belly for 30 days, and as ſoon as the doe has kindled will take buck again; neither can they ſuckle their young, till they have taken buck.

Tame rabbets more than all other animals delight in ſolitude and retirement; they are violent hot in the act of gene-

ration

ration, performing it ſo vigorouſly and exceſſively, that they will ſwoon and lie in a trance a good ſpace after the act is over.

The males are of cruel diſpoſition, and frequently kill the young ones, if they can come at them, and therefore the females after they have kindled hide them; and cloſe up the holes in ſuch a manner that the buck cannot find them.

They are very fertile, bringing forth every month, and therefore when they are kept tame in hutches, they muſt be watch'd; and as ſoon as they have kindled be put to the buck, for elſe ſhe will mourn, and ſcarcely can bring up their young.

The hutches in which tame rabbets are to be kept, ſhould be about two foot ſquare, and a foot high, and that ſhould be divided into four partitions or ſquares, one quarter with an an open grate or wire window, through which the rabbets may feed, and a leſs apartment without light, in which the doe may kindle or kennel; and under this window ſhould be a box or trough in which may be put her meat; and thus may be made hutch over hutch three or four ſtories high; keeping bucks and does a part from one anothert

And when a doe has kindled in one neſt, and then has kindled in another, the firſt young ones muſt be taken from her and put together into other hutches, with rabbets of their own age, but not ſo many but that they may have eaſe and liberty.

In the chuſing tame rich rabbets, there is no occaſion to have regard to their ſhape but to their richneſs; but let the bucks be as large and as rich as you can get them; and thoſe coats are eſteemed the richeſt that have the equalleſt mixture of black and white hair together; but ſo that the black do rather ſhadow than the white: A black coat with a few ſilver hairs, being much richer than a white coat with a few black ones.

Every tame rich coney that is kill'd in ſeaſon, as from *Martlemaſs*, till after *Candlemaſs* is much better and larger than thoſe kill'd in another ſeaſon; and when another ſkin is worth not above two pence or three pence at moſt, theſe are worth about two ſhillings.

Again the increaſe is more in the tame than the wild the former bringing forth more than the wild.

The beſt food for them is the ſweeteſt, ſhorteſt and beſt hay that can be got. This hay muſt be put to them in little cloven ſticks, that they may with eaſe reach and pull it out of the ſame, ſo as not to ſcatter or waſte as little as may be;

be, and ſweet oats and water ſhould be put for them in the troughs under the boxes, and this ſhould be their ordinary and conſtant food; all other being to be uſed phyſically, giving it them two or three times in a fortnight to cool their bodies; ſuch as mallows, clover graſs, four-docks, blades of corn, cabbage or colewort leaves and the like, all which do both cool and nouriſh them greatly; but you ſhould but ſeldom give them ſweet grains, becauſe nothing brings them to the rot more.

If they have any graſs cut for them, you muſt be very careful that there be no weeds nor hemlock amongſt it, for tho' they will eat it very greedily, it is preſent poiſon, killing them ſuddenly.

Their hutches muſt alſo be kept ſweet and clean, for the ſcent of their piſs and dung is ſo ſtrong, that it will be a very great annoyance both to themſelves and thoſe that look after them.

The Infirmities of RABBETS *are.*

1. The rot, which proceeds from the giving them too much green meat, or greens with the dew on them; and therefore they muſt have it but ſeldom, and then the dryneſs of the hay will dry up the moiſture, knit them and keep them ſound.

2. They are apt to be affected with a certain rage or madneſs, that proceeds from corrupt blood, which is caus'd by the rankneſs of their keeping, and this is known by their wallowing and tumbling with their heels upwards and leaping in their boxes; the cure of which is to give them tare thiſtle to eat.

A SAUCE *for* BOIL'D RABBETS.

Firſt boil the rabbet's livers, and ſhred them very fine; and alſo a couple of eggs not boil'd too hard and ſhred ſmall; add alſo a large ſpoonful of grated white bread; and having ready ſome ſtrong beef broth and ſweet herbs, put two ſpoonfuls of white wine to it and one of vinegar; ſeaſon with a little ſalt, put in ſome butter, taking care it do not oil.

A white FRICASSEE *of* RABBETS.

Take three or four young rabbets; cut them to pieces and put them into a ſtew-pan with a quarter of a pound of butter;

ter; ſeaſon with ſalt, pepper, a little *Jamaica* pepper pounded fine, a little thyme, ſweet marjoram, and ſome grated lemon peel.

Cover the pan cloſe and let them ſtew gently till they are tender.

Then take half a pint of veal broth, ſeaſon it with ſome ſpice, a ſprig of ſweet marjoram, an onion, ſome lemon, adding to it half a gill of white wine.

Boil theſe together for ſix or ſeven minutes; then pour the butter out of the ſtew-pan and ſtrain the veal gravy thro' a ſieve; and having beaten up the yolks of four eggs with half a pint of cream; put ſome of the broth by degrees to the eggs and cream, continually ſtirring them that they may not curdle; you may alſo add ſome parſley boil'd and cut ſmall.

Put this to the rabbets and toſs them up with thick butter, adding ſome pickled muſhrooms.

Garniſh with ſlices of lemon, and red beet root pickled, and ſerve them up hot.

To roaſt a RABBET.

Stick it with thin ſlices of bacon, or elſe lard it; or elſe baſte it with butter, and when it is enough diſh it, and eat it with water, white pepper, ſalt, and ſometimes orange.

A RABBET *in Ragoe.*

Cut it into four parts, lard it with thick ſlices of bacon, fry it with melted lard; then ſtew it in an earthen pot with ſome broth and a glaſs of white wine, and ſeaſon with ſalt and pepper; add to it ſome fry'd flour and an orange.

A RABBET PYE.

Take large fat young rabbets, cut them into quarters and ſlit their heads; then fry them in lard with a little flour, ſeaſon with ſalt, pepper, nutmeg and ſweet herbs, adding a little broth; and when they are cold, make a pye of them with fine paſte. and add morilles, truffles and pounded lard, and cover all with a lid of the ſame paſte; bake it for an hour and a half, pour in the ſauce in which the rabbets were dreſs'd, and when you ſerve it up to table, put in ſome orange juice.

RADISHES are aperitive, deterſive and inciſive, are good for the ſtone cholick, ſtoppage of urine and the *Menſes*; alſo for the ſtone, obſtructions of the ſpleen and meſentery; are uſeful for the ſcurvy and dropſey; they are pounded and applied to the feet in malignant fevers; and alſo the dropſey; the ſeeds being taken inwardly, is aperitive and provokes vomiting. The doſe is from half a dram to two drams.

RAISIN WINE.

Take a hundred weight of *Malaga* raiſins, pick them clear from the ſtalks, and chop the raiſins ſmall, and put them into a large tub, and having boiled 20 gallons of river, or other ſoft water, pour it hot upon them, ſtirring it twice every day for 12 days ſucceſſively; and then pour the liquor into a caſk, and make a toaſt of bread, and while it is hot ſpread it on both ſides with yeaſt or barm, and put it into the veſſel to the wine, and it will make it ferment gently, which may be known by its making a hiſſing noiſe; during the time while it is a working, the bung of the veſſel muſt be left open, and as ſoon as that is over, ſtop it up cloſe.

This will be fine and fit for drinking, if it be but half this quantity, in about four months time; but this ought to ſtand five or ſix months before it is broach'd. Let it ſtand in a good cellar.

This will not be much unlike a ſtrong mountain wine, will keep good many years, and among the beſt judges is much admired.

Another Way.

To every four pound of *Malaga* raiſins, allow a gallon of water, boil the water, cut them ſmall, and pour the water upon them boiling hot; and let it ſtand in a veſſel with an open head for a fortnight, ſtirring them about conſtantly twice a day; then preſs out the raiſins from the liquor, and to every gallon put a pound of ſugar and two pennyworth of izinglaſs.

Put this liquor up into a caſk, preſerving a little to fill up the caſk as it works over; and when it has done working ſtop it up cloſe, and let it ſtand as long as you can conveniently before you bottle it (the uſual time is 12 months) keep it in a cool place, and let it not be diſturb'd.

A certain author is of opinion it would be better to boil the water, and to let it cool before it is put to the fruit, when it

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is but milk warm, and then to be all mix'd together, till the lumps of the bruiſed or ſhred raiſins be broke and incorporated with the liquor.

RAMOLADE, is a particular ſauce, prepared for ſeveral fillets of fiſh. It is made of chopp'd parſly, chibbols, anchovies and capers; the whole mixture being put in a diſh with ſalt, pepper, nutmeg, and alſo vinegar and oil well mix'd: Having dreſs'd the fillets in a proper diſh, they are to be ſprinkled with this ramolade; and to ſome of the diſhes it is cuſtomary to add lemon juice, which are to be ſerved up cold.

RAMS.

To make them ſtrong and vigorous, and to ſerve double the number of ſheep, give them daily half a pound of oat bread and hempſeed.

To have Male Lambs: Keep up the ram in the wane of the moon, not ſuffering him to feed with the flock; but in the firſt quarter of the increaſe.

To have Female Lambs: Do not ſuffer him to be with the flock, but after that time.

The ſheep will alſo be the better by obſerving this method, and will not caſt their lambs, as when they are continually haraſſed by the ram.

The giving the ram the diet before directed, to invigorate him for the ſheep, when you would have them go to ram, will be the way to have forward lambs to ſell, when they bear the beſt price.

RASPBERRIES, are of a moiſtening and cooling nature; they purify the blood, ſtrengthen the ſtomach and ſweeten the breath.

The leaves of this plant are deterſive, and uſed in gargariſms for the diſorders of the throat and gums.

The flowers are us'd in eriſipelas, and in the inflammations of the eyes.

To preſerve RASPBERRIES.

Procure the juice of raſpberries both red and white (or in the ſtead of white you may uſe codlin jelly) allow two pounds of ſugar to a pint and half of the juice; ſet it on the fire, let it boil, ſcum it, and then put in 12 ounces of the largeſt raſpberries; boil them as quick as you can till they jelly and be-

come very clear; remove them not off the fire, for that will make them hard; they will be done in a quarter of an hour after they begin to boil apace. Then put them up in glaſſes or pots; putting in the raſpberries firſt; then ſtrain the jelly from the ſeeds, and pour it upon the raſpberries.

When they begin to grow cool, ſtir them that they may not all lie at the top of the glaſſes, and when they are cold lay papers cloſe to them; having firſt wetted the paper and dry'd t in a cloth.

RASPBERRY PASTE.

After you have waſh'd the raſpberries, ſtrain half of them; and put the juice to the other half with the ſeeds; ſet them on the fire, and boil them apace for a quarter of an hour, and put half a pint of red currants boil'd with a very little water for a quarter of an hour, and ſtrained through a thin ſtrainer, to a pint of raſpberries; boil both raſpberries and currants together a little while; then to a quart of juice put two pound and a half of ſifted ſugar; ſet it over the fire, let it ſcald, but not boil; pour it into little pots, ſet it in the ſtove till it is candied, then turn it on glaſſes as other cakes.

RASPBERRY JAM.

Maſh the raſpberries, ſtrain half of them; put the juice to the other half that has ſeeds in it; boil it briſkly for a quarter of an hour; then to a quart of raſpberries add a pound and half of ſugar; boil it till it jellies, then put it into either pots or glaſſes.

Another Way.

Infuſe the raſpberries as before directed; having firſt pick'd out the dead and magotty ones; when they are tender, take out ſome of the liquor and put the ſame quantity of currant liquor to what is left; add the weight in ſugar and boil it up together; put it into glaſſes to be eaten with cream all the year.

RASPBERRY CAKES.

Infuſe the raſpberries in a ſtone pot or jug, that may be covered cloſe, and ſet it in a kettle of water, and let them be boil'd till they are tender; then paſs them thro' a jelly bag, and

and put to the pulp of the raſpberries, as much or more of currant liquor (ſee *Currant Cakes)* as will run out from the raſpberries; put to theſe the weight in ſugar, and boil it to a candy height, till it is almoſt ſugar again.

RASPBERRY CLEAR CAKES.

Take raſpberries and white currants, of each equal quantities; almoſt cover them with water, boil them very well for a quarter of an hour; then paſs them through a jelly bag, and to every quart of jelly allow three pounds of ſugar ſifted through a hair ſieve; ſet the jelly on the fire, and let it but juſt boil, then ſhake in the ſugar, ſtir it well and ſet it on the fire a ſecond time, till the ſugar is melted; then lay a ſtrainer in a broad pan to prevent the ſcum, and fill the pots: When it is candied, turn it on the glaſs, as other clear cakes.

RASPBERRY DROPS.

Maſh the raſpberries, put in a little water, boil and ſtrain them; then having half a pound of fine ſugar ſifted through a hair ſieve, do but juſt wet the ſugar that it may be as thick as paſte; put to it 20 drops of ſpirit of vitriol, ſet it over the fire, make it ſcalding hot, but it muſt not boil. Drop it on paper, and they will ſoon be dry; if the drops do not come off eaſily, wet the paper.

Let them lie on the paper a day or two.

RASPBERRY WINE.

Let the raſpberries be ripe, cruſh them with your hands, and to every quart of fruit allow a quart of water; let the water be boiled and poured in boiling hot; let them infuſe 24 hours, ſtirring them two or three times, then ſtrain it through a hair ſieve, and to every gallon of this infuſion put two pound and a half of good ſugar.

Let it ſtand to diſſolve 24 hours; ſtir all together, and if the fermentation does not proceed kindly, put to it a toaſt ſpread with yeaſt. Cover the veſſel over ſlightly till it has done working; then ſtop the veſſel cloſe, and let it ſtand for half a year more, and when you find it fine enough, bottle it off.

Another Way.

To every quart of raſpberry juice allow a pint of water, and to every quart of liquor a pound of fine ſugar; then ſet it on the fire to boil half an hour, ſcumming it as it riſes; then ſet it to cool, and when it is quite cold, put it up in a veſſel, and let it ſtand 10 weeks, or ſomething more, if the weather prove cold; when it is ſettled, bottle it up, and it will keep two years.

RATAFIA.

Take moloſſes brandy, ſix quarts; water, three quarts; bitter almonds, three quarters of a pound; and nuts an ounce and a quarter: Bruiſe them and infuſe them in the brandy, adding a grain or better of ambergreaſe, mix'd with a pound and half of fine *Lisbon* ſugar; let all infuſe for a week or eight days, then ſtrain off the liquor for uſe.

An artificial RATAFIA.

Put a handful of the buds of young laurel branches into two quarts of brandy or good ſpirits, let theſe infuſe till it taſtes as ſtrong of the laurel buds as you would have it; then pour it off and ſweeten it to your taſte with fine powdered ſugar.

This will taſte exactly as if you had uſed apricock plum-ſtones.

RATAFIA CAKES.

Take four ounces of apricock kernels (or which is as well, the ſame quantity of bitter almonds) blanch them and pound them very fine with a little orange-water; mix theſe with the whites of two eggs beaten, and put to them a pound of ſingle refin'd ſugar, finely beaten and ſifted; work all together to a kind of paſte; then lay it in little round bits on tin plates floured; ſet them in a gentle oven, and they will puff up and be quickly baked.

RATAFIA CREAM.

Beat the kernels of apricocks very fine in a mortar, and to a quarter of a pound of them put a quart of cream and four eggs; ſweeten it to your palate, ſet it on the fire, and let

let it boil till it is pretty thick; you may if you pleaſe ſlice ſome of the kernels thin, and put them in, beſide thoſe that are beaten.

To make RATAFIA DROPS.

Take a pound of kernels of apricocks or almonds, pound them very fine with roſe-water; then mix a pound of ſifted ſugar with the whites of five eggs, beaten to a froth; ſet them on a ſlack fire, ſtirring them continually till they begin to be ſtiff; ſet it by till it is quite cold, and make it up into little round drops; bake them after the long biſcuit (which ſee) on papers and tin-plates.

Another.

Take apricock kernels, about 150, bruiſe them a little; then put them into three or four quarts of brandy, let them ſteep for a week; then ſtrain them off, and add fine ſugar powdered, ſweeten it to your palate.

You may do the ſame by plum-ſtones, cherry-ſtones, *&c.* break the ſhells and put in ſhells and all.

If the brandy is too ſtrong of the kernels, you may add more brandy to it before you ſweeten it, or if not ſtrong enough of them put in more kernels.

RATS, *to kill.*

1. Mix filings of iron with leaven, and put it into a place where there is a number of them, and if they once taſte it they will die.

2. Lay the hoofs of an aſs or mule upon a chafing diſh of coals, and ſhut up the windows, and the ſmell will drive them away.

3. Put the aſhes of oak into their holes, and if they are touch'd or covered with the aſhes they will grow mangy and die.

4. Strew arſenick powdered on cheeſe or butter, and they will eat it and burſt; but take care that cats and dogs do not come to it.

5. Put water into a braſs kettle pretty deep, and ſtrew it with corn duſt, after it has been winnowed, and the rats will get in after the corn, and will be drowned.

6. Lay a flat ſtick over a kettle of water and tie bacon, *&c.* to the middle of the ſtick, and the rats going to it the ſtick will turn and they will fall in and be drowned.

7. To drive rats out of a houſe, infuſe vervain in water for 24 hours, and water the houſe with it.

To make RENNET.

The *Eſſex* way generally is to take the fourth or laſt ventricle of a calf, commonly call'd the *Bag*, and opening it they take out the curd, picking it well of the hairs which are mix'd plentifully with it; then they waſh it and put it into the bag again, with a good quantity of ſalt, and keep it in a well glaz'd earthen veſſel till they uſe it, as follows.

If they firſt make cheeſe in the beginning of the ſpring, they boil ſalt and water together, and ſteep the bag, having been prepar'd as before, in it; but when they have made cheeſe, they ſteep it altogether in whey well ſalted or water boil'd in ſalt; and ſometimes to give it an high flavour, they boil ſpices with it, but eſpecially mace.

Among ſeveral things that will coagulate milk or ſet it to curd, the plant call'd *Cheeſerening*, or *Yellow Ladies Bedſtraw*, is uſed commonly about *Nantwich* in *Cheſhire*. The ſame is us'd in *Tuſcany*, and eſpecially in the *Parmeſan*; and ſome *Cheſhire* people eſteem that cheeſe, made with this plant, as the beſt.

There are alſo other things that will make rennet, or for turning and ſetting of milk, as the ſeed of the *Carduus Benedictus*, the juice of the fig-tree, ginger, the inner ſkin of a hens ſtomach, or the ſpawn of a pike.

To RESTORE *decayed Malt Liquor.*

When the briſkneſs or livelineſs of beer or ale fails in the caſk, ſo that the drinks turn faint, deadiſh, or vapid; draw them off and bottle them after the following manner.

Boil two pounds of clean ſugar in a gallon of clear water, gently, ſcumming it; to which add a few cloves, cinnamon or mace, ſet it by to cool, and work it up with yeaſt or barm well; and of this while it is in a ſmiling condition, put three ſpoonfuls of it into each bottle of drink and cork them well: Or you may put a few cryſtals of tartar; ſome eſſence or eſſential ſpirit of barley or wine into each bottle, it will have the ſame effect; but if you have none of theſe but ſugar, put a bit of loaf ſugar, and four or five raiſins bruiſed, or a few grains of barley bruiſed.

If you deſire to have common drink flower in the cup, boil a ſmall quantity of wheat bran in the wort; or if be to

be

be bottled, put in a few grains of wheat or barley, or raiſins, or loaf ſugar.

In order to make beer keep better, add a little wheat to the malt, and that will enrich the wort, and adds ſpirit to the liquor.

If ale or beer begins to flatten or decay, *i. e.* when its ſpirits are either entangled in its feces, or are drank up by the caſk, or exhaled, you may recover it by putting in a ſmall bag of tender ears of wheat or barley, or ſome raiſins,

But a better way is to put two or three handfuls of aſhes made of barley ſtraw or beech aſhes into a bag, and to let it down gently into the liquor without diſturbing it.

And if the flatneſs be but a little, a handful of wheat or ſome *Glaubers* ſalt, or two or three whole eggs put into the veſſel. But the ſureſt method is to bottle it off as before directed.

If drink become thick or muddy, ſo as not to be drinkable, put in a little fix'd nitre or *Glaubers* ſalt, or ſome whites of eggs made into balls with a little flour, which will feed and preſerve the drink admirably; eſpecially if a little iſinglaſs be added, and this will not only contribute to its keeping, but its goodneſs too.

If ale happens to loſe its natural taſte and reliſh, put ſome *Iris* or *Orris* root, or bay leaves, or origanum, or ginger, or nutmegs into the veſſel with it; and the ale will recover its natural taſte, tho' it will perhaps have ſome taſte of the ſaid ingredients too.

If beer or ale become rancid or very ſtale or ſouriſh, open the veſſel, and throw in the powder of any earthy *Alkali*, and it will recover it, by abſorbing and ſheathing up, or blunting the acidity of the liquor.

If you put in powdered chalk, it will recover it and make it drinkable in two or three days.

The ſame may be effected by powder of burnt egg-ſhells, crabs-eyes or claws, tortoiſe-ſhell, coral or marle, which will abſorb or ſheathe the acrimony or ſourneſs, and render the drink of its natural taſte.

If beer or ale turn ropy, tie a coarſe linnen cloth before the bore of the ſpiggot when the veſſel is broach'd, and draw the drink out into a clean dry caſk, and put into it five or ſix ounces of powdered allum, ſhaking all well together, and then letting them ſtand, and by this means the drink will be fined down, loſe its ropineſs, and become clear and pleaſant.

RESTORING *decay'd* BEER, *to its former Goodneſs.*

Put calcin'd oiſter-ſhells, egg-ſhells, burnt crabs-eyes, tortoiſe-ſhell burnt, alcaliz'd coral, into the beer, and they will recover it; becauſe they attract and imbibe the ſharpneſs, and turn it into ſweetneſs.

Alſo an handful of wheat put into the veſſel, may alſo have the ſame effect; alſo chalk put in immediately renders it drinkable.

Glauber commends three or four handfuls of beech aſhes, put into the veſſel of beer and ſtirred about; or if it be not very ſour you may put the aſhes into a bag without ſtirring.

Alſo a ſalt made of the aſhes of barley ſtraw, and being put into the veſſel and ſtirr'd, will effect the ſame.

RHEUMATISM.

For one which proceeds from a cold cauſe, in order to the cure, take away a little blood, but not much becauſe the diſtemper does not lie in the veins; but let the patient be purg'd often, either with manna, ſyrup of pale roſes, pills of agaric or aloes. Theſe remedies may be taken in the evening, or before ſupper, or elſe at going to bed, and the patient muſt afterwards endeavour to promote a ſweat by taking the following ptiſan.

Take two ounces of ſarſaparilla, and as much guaiacum; an ounce of eſquine, and an handful of aſparagus roots, boil theſe in near three quarts of water, till one half be waſted; ſtrain the decoction, let it ſtand till it is grown cold, and take every morning two glaſſes of it one after another, and if he can, let him ſleep upon it.

Or thoſe that have not the conveniency of the foregoing ingredients, may diſſolve an ounce and half of treacle in a glaſs of the water of balm gentle, marjoram or nettles.

A RICE PUDDING.

Either grind or pound half a pound of rice to flour, mix it by degrees with three pints of milk, and thicken it over the fire with great caution, that it may not be burnt, till it is as thick as a haſty pudding; then pour it out, and ſet it by to cool: Add to it 9 or 10 eggs, but half the whites; three or four ſpoonfuls of orange-flower-water: Melt three quarters of a pound of good butter, and ſweeten it to your palate.

You may if you pleaſe add ſweet-meats.

A RICE

A RICE *or* MILLET PUDDING.

Take three pints of new milk, into which put ſix ounces of whole rice or millet ſeed clean pick'd; add a little ſalt, half a pound of butter, and five or ſix ounces of ſugar.

Inſtead of butter ſome uſe ſuet; but butter is the beſt, except you have marrow.

If you would have it of the cuſtard ſort, you may to this quantity uſe from four to nine eggs; but well beaten and mix'd with a little of the milk and ſtrain'd.

A RICE WHITE POT.

Boil a pound of well pick'd rice in two quarts of milk till it is thick and tender; then pound it in a mortar, with a quarter of a pound of blanch'd almonds; then having boil'd two quarts of cream with the crums of white bread and ſome blades of mace; mix all theſe together with the yolks of eight eggs; adding ſome roſe-water, and ſweetening with ſugar to your palate. When you ſet it into the oven, lay in ſome candied citron and orange peels, cut in thin pieces.

Set it into a gentle oven, for if it be too hot it will be ſpoil'd; therefore great care muſt be taken in the baking.

An Ointment for the RICKETS.

Take of beef marrow two ounees, oil of lilies and tamariſk, the ſame quantity; bees wax four ounces; gum armoniacum diſſolv'd in vinegar, an ounce; the juice of briony roots, golden rod and ſmallage, of each two ounces; boil all together till the juice of the herbs is conſum'd, and with this anoint the belly of the child, rubbing it in with a warm hand by the fire, for half an hour every night. It is good if the belly be ſwell'd with rickets, worms or ague.

Another for the Same.

Take ſnails, pick them clean out of the ſhells, and prick them full of holes, hang them up in a cloth and put a baſon to catch what drops from them; boil this up with ſpicery and blades of mace, of each an ounce. With this anoint the child along the back bone; rubbing it well in with a warm hand; and alſo round the wriſts, neck and ancles.

Do this conſtantly night and morning, chafing it in by the fire.

This

This with the following drink, has recovered many weak children from ſickneſs, lameneſs and deformity.

The Drink for the RICKETS.

Take 150 live wood lice, half an ounce of rhubarb, of ſaſſafras, china and eringo roots, of each an ounce and a half; roots of oſmund royal one ounce; raiſins of the ſun ſtoned, an ounce, harts-tongue one handful; put theſe into three quarts of ſmall ale, and let the patient drink no other drink, ſpring and fall; it is almoſt infallible for weak children.

Another good Drink for the Same.

Take raiſins of the ſun ſton'd two handfuls, as many currants; maiden-hair, ſpeedwel and yarrow, of each two handfuls, the ſame quantity of dragon leaves, and 18 or 20 leaves of harts-tongue; two ſpoonfuls of anniſeed; and two ounces of liquorice ſlic'd; boil all theſe in ſix quarts of ſmall ale, till half is conſum'd; then ſtrain it and put it into little bottles, and give a draught of it every morning, and another at four in the afternoon.

ROACHES *in a Ragoe.*

Make a ragoe of them by broiling, them upon a gridiron after they have been ſoaked in butter while the livers are fry'd in a little butter, in order to be pounded, and ſtrain'd thro' a hair ſieve; and pour this cullis upon the roaches, when ſeaſon'd with ſalt, white pepper, orange and lemon juice; and rub the diſh or plate before it is dreſs'd with a ſhalot or clove of garlick.

To make a Pye of ROACHES.

Make this pye like as is directed for a tunny pye, (which ſee) and ſet it out with ſame ſort of garniture, only you may add (if you have it) ſome cray-fiſh; when it it is half bak'd, let the liver be firſt fry'd in a pan with burnt butter; then pounded in a mortar and ſtrain'd thro' a hair ſieve, with half a glaſs of white wine; put all into the pye with ſome lemon juice; when it is juſt a going to be ſerv'd at the table.

ROCAMBOLE, is *Spaniſh* garlick.

ROCKET is of two ſorts the garden and the wild.

The medicinal vertues of the firſt are, that it opens, cleanſes, and expels ventoſities; if a pretty deal of it be eaten raw it will provoke venery; the ſeed will likewiſe do the ſame, and alſo provoke urine. Being boil'd and applied, it takes away ſpots in the face.

The wild rocket is hotter and dryer than the garden one, and has all its vertues with more efficacy: And being boil'd and eaten. it cures children of a cough, a little ſugar being added to it.

It alſo clears the voices of thoſe that are hoarſe, and increaſes milk.

To make ROCK-SUGAR,

Take a red earthen-pan that will hold about a gallon, leſſer at the top and bottom than in the middle; ſtick this pretty thick with the twigs of a white whiſk a croſs one another; ſet it before a good fire that it may be very hot, by that time the ſugar is boil'd; having ten pound of double refin'd ſugar finely powdered, and the whites of two eggs beaten to a froth in half a pint of water mix this with the ſugar; then put to it a quart of orange flower-water, and a pint and half of water, and ſet it on a quick fire, and when it boils apace, put in half a pint more of water to raiſe the ſcum, then let it boil up again; then take it off and ſcum it; repeat this two or three times till it is very clear, then boil it again till you find it draw between your fingers, which is to be known by often trying of it, taking out a little in the ladle, and as it cools it will draw like a thread; then put it into the hot pot, and cover it cloſe, and ſet it into a very hot ſtove for three days.

After the firſt three days, a moderate heat will do; but that it muſt have for three weeks; but the ſtove muſt never be ſuffered to grow quite cold, nor muſt the pot be ſtirr'd.

At three weeks end, take it out, and pour out all the ſyrup; the rock will be on the ſticks and the pot ſides: Set the pot in cold water in a pan on the fire, and when it is thorough hot, all the rock will ſlip out, and fall moſt of it in ſmall pieces.

You muſt juſt dip the ſticks in warm water, and that will cauſe the rock to ſlip off; then put in a good handful of dry'd orange flowers, and taking a ladle with holes in

it put the rock and flowers, as much as will make as big a lump as you pleaſe, dip it in ſcalding water and lay it on a hot place; then make it up into handſome lumps, and as hollow as you can.

When you have prepared it thus far, ſet it in a hot ſtove, and the next day it will ſtick together. Then take it off the plates, and let it lie two or three hours in the ſtove; it there be any large pieces you may make bottoms of them and lay the ſmall pieces on them.

ROSA SOLIS.

Take proof ſpirits ſix quarts, water 3 quarts; roſa ſolis pick'd clean ten ounces; cinnamon, cloves, and nutmegs of each half an ounce; marigold flowers two ounces, caraway ſeeds an ounce and half, draw off the proof ſpirits from the ſtill, and infuſe in a quart of liquor two ounces of liquorice ſliced, raiſins ſton'd half a pound; red ſaunders two ounces; infuſe theſe on hot aſhes, till their vertue is extracted, then ſtrain it and diſſolve three quarters of a pound of fine ſugar, which when cold, mix with the diſtillation.

The Same by Digeſtion.

Take a gallon of the beſt brandy, roſa ſolis four handfuls, caraway, corriander ſeeds, cinnamon, cloves, mace and nutmegs, of each half an ounce; cardamums, calamus aromaticus, ginger and zedoary of each a dram and half; cubebs and yellow ſaunders of each half a dram; red ſaunders an ounce, liquoriſh two ounces; red roſe leaves dry'd a handful; infuſe all theſe in the brandy for ſome days then ſtrain off the clear liquor; and ſweeten with three quarters of a pound of white ſugar.

Another Way.

Take a gallon of the beſt brandy; roſa ſolis cleanſed four handfuls; caraways, cinnamon and coriander ſeed, of each an ounce; cloves, ginger, and mace of each three drams; calamus aromaticus, cardamums, cubebs and zedoary of each one dram, red roſes dry'd an ounce, liquorice two ounces; raiſins ſton'd half a pound; cochineal and ſaffron of each one dram; infuſe them for a week or eight days; ſtrain and ſweeten with three quarters of a pound of loaf ſugar.

ROSEMARY.

The flowers and leaves of roſemary eaten every morning with ſalt and bread, give eaſe in the head-ache, ſtrengthen the ſight, and ſweeten the breath.

Its flowers in a conſerve ſtrengthen the ſtomach, and are good againſt melancholy, the falling ſickneſs, convulſions and the palſey.

The ſeed drank with pepper and white wine, is good againſt the jaundice, and removes the obſtructions of the liver.

A decoction of its leaves in white wine, fortifies oppreſſed and weak nerves, the head being waſh'd with it.

ROSEMARY WATER.

Take brandy diſtill'd from white wine, a pint of the diſtill'd water of roſemary and ſage, of each a pint; infuſe therein half an ounce of roſemary-flowers, and half an ounce of ſage, for eight hours; ſtrain the water, and keep it for ſore eyes.

ROSE WATER.

Take 10 or 12 pounds of the moſt odoriferous roſes, gathered a little after ſun riſing in dry weather, take off their pedicles, pound them in a marble mortar to a paſte; put them into a copper cucurbit, tinn'd on the inſide; and pour on them the juice of the ſame ſort of roſes newly extracted, till they be ſufficiently moiſtened; fit its *caput mortuum* to the cucurbit, with its cooler and recipient; lute the parts that join, and ſet the veſſel upon a moderate fire; take care to change the water of the cooler as it grows hot, and when you have diſtill'd about half the liquor, put out the fire, leaſt the ſtuff ſhould ſtick to the bottom.

Then ſeparate the veſſels, ſtrain and preſs that which remains in the cucurbit, put in the juice again, and with a ſlack fire diſtil it to about two thirds, which bottle up, and you will have a ſtrong roſe water; expoſe them open to the ſun for ſome days, to excite the ſmell, and ſtop it up cloſe.

Another Way.

Take roſes three handfuls, fennel and rue, of each one handful (or proportionable for a larger quantity) cut them ſmall and mix them well together, and then diſtil them into

into a veſſel in which there is a handful of the aforeſaid herbs. This water is good to preſerve the eye ſight.

Musked ROSE WATER.

Take roſe buds and ſeparate from them the white, and put them in an alembick, in the midſt of which put a little muſk tied in a rag, and then diſtil them.

To make Conſerve of ROSES.

Make a ſtrong infuſion of red roſes with red roſe water; then having freſh roſe buds; all the white and withered leaves being clipt off; boil them in the infuſion till they are as tender as poſſibly they can be, and as red as they were at firſt; then take them out and weigh them, and double their weight of double refined ſugar; make it boil again with the ſugar as faſt as you can till it jellies; when it is taken out, there may be added either amber, pearl, coral, gold or ſpirits of vitriol.

A Receipt from Barbadoes *for diſtilling* RUM.

They there diſtil their rum from the offal of ſugar, of which they put to the quantity of 18 gallons of common water, an eighth or ninth part of this ſcum of ſugar all together in an open tub or wooden veſſel, this they cover with dry leaves of palm, or the leaves of platanus, but in *England* the leaves of fern, or the parts or leaves which flag brooms are made of.

There it is to remain for nine days, till it changes of a clean yellow colour, diſtil it and you will have what is call'd in *England* a low wine.

In a day or two after diſtil it again, and in the cap of the ſtill hang a ſmall bag of ſweet fennel ſeeds, and the ſpirit will have a fine flavour.

Some put anniſeed in the bag, and ſome muſk with the ſweet fennel ſeed, or elſe diſtil the ſpirit twice, once with the fennel ſeed, and next with a little muſk. Take notice that your tub muſt not be deal or fir.

RUPTURE WORT.

The juice of this plant being mixed with drinkables, is excellent for the cure of ruptures and falling down of the guts.

The

The juice of this plant being drank in white wine, is very helpful in caſe of a ſuppreſſion of urine; but is alſo good for breaking the ſtone in the bladder and bringing it away.

The herb dried and powdered, is good againſt a deſentery, flux of blood, and the biting of vipers and other venomous beaſts.

A water diſtill'd from it and drank for eight days will cure the jaundice and obſtruction of the liver.

S

SAFFRON.

THE *Engliſh* ſaffron is juſtly eſteem'd to be the beſt in the world, is of an opening and digeſtive quality; an extract of the flowers fortify the heart, purify the blood and expel poiſon, and being eaten or drank promote ſpitting, urine and the *Menſes*; but if uſed too much it offends the head as well as its ſmell.

Baſtard Saffron: The flower of this plant ſerves poor people inſtead of ſaffron in their victuals: It looſens the body; the juice extracted from it when it is freſh, being drank to the quantity of an ounce, in three ounces of chicken broth or hydromel, purges flegm excellently well.

Wild Saffron: The ſeed and leaves of this plant taken in wine, and a little pepper is good againſt the ſtinging of ſcorpions.

SAGE.

This plant is ſaid to be apt to be infected by ſerpents and toads, with their venemous breaths, and ſhould before it is us'd be waſh'd in wine, and to prevent the infection of the ſaid creatures who covet to cover themſelves under its ſhade, ſome adviſe that they ſhould be planted together with rue.

This plant is endued with ſo many and wonderful properties, as that the conſtant uſe of it is ſaid to be ſo ſalutiferous to mankind, as to render them almoſt immortal.

The ſmall ſage is recommended as good againſt all flegmatick humours, if taken inwardly, or apply'd outwardly.

It is alſo good for the falling ſickneſs, lethargy, palſey, and

flegmatick rheums; the leaves being dry'd and eaten is proper to prevent miſcarriage in women. It fortifies, warms and dries.

It has a ſingular vertue to comfort oppreſs'd and weak nerves, and for this purpoſe wine is made of it; and alſo fomentations, with a decoction of it, are made for the ſhaking of the hands and other parts, and to create an appetite, and cleanſe the ſtomach when full of ill humours.

Sage taken in liquor is good to relieve the head-ache, cleanſe the teeth and gums by rubbing them; and being boil'd in wine, it renders the breath ſweet.

A water diſtill'd from it, is good for clearing the eye-ſight, and a conſerve of the flowers is ſaid to have the ſame vertue.

Sage leaves are us'd inſtead of tea, and is alſo accounted a fortifier of the brain, and good to attenuate flegm.

Wild Sage: The decoction of its leaves being drank, promotes the menſes, is helpful in child-bearing, and in bringing away the after-burthen.

To make SAGOE.

To a quart of water put two ounces of ſagoe; ſet it on the fire, ſtirring it well till it is thick; add to it ſix ſpoonfuls of ſack or white wine, the juice of a lemon, and a bit of lemon peel, and ſweeten it to your palate.

A SAGOE PUDDING.

Waſh half a pound of ſagoe in ſeveral waters; then put to it a quart of new milk; put in a ſtick of cinnamon, and boil them together till it is as thick as a haſty pudding; ſtir it conſtantly, for it is apt to burn; when it is boil'd take out the cinnamon; ſtir in about half a pound of butter, and having beaten the yolks of nine, with the whites of four eggs, with four ſpoonfuls of ſack; ſtir all together, ſweeten it to your palate, and add four ounces of plump'd currants: Lay a ſheet of puff paſte under it, and garniſh the brim of the diſh.

SAGOE CREAM.

Boil three ſpoonfuls of ſagoe in two waters, ſtraining the water from it, then put to it a pint and half of milk, boil it till it is very tender, and when the milk is waſted put to it a pint and half of cream, a blade or two of mace, a little

piece

piece of lemon peel, the yolks of four eggs and only the whites of two; ſweeten and boil it till it is thick.

SALLIGOT, *or* WATER CALTROP.

The fruit of it being eaten is good againſt the ſtone; and in *France* in a time of ſcarcity, ſerves the poor inſtead of bread.

Being boil'd in honey'd wine, it cures the ulcers of the mouth, gums and throat.

The juice of it is alſo uſed in medicines for the eyes.

To boil freſh SALMON.

Waſh the fiſh with ſalt water, leaving all the ſcales on, as is the faſhion; tho' ſome take them off, for the ſkin of the ſalmon is the fatteſt part of the fiſh, and many people like it,

Having thus prepar'd the fiſh, put it into the pan with water and a ſixth part of vinegar, a little ſalt and a ſtick of horſe-radiſh; boil it quick.

For the ſauce, take a pint of ſhrimps, a pint of oiſters and their liquor, and half a pint of pickled muſhrooms: Or elſe take ſhrimps, and the bodies of two middling ſea crabs, or of a couple of lobſters; cutting the tails of them into dice.

If you uſe oiſters, ſtew them a little in their own liquor, with whole pepper and mace; then ſet by the oiſters, and put muſhroom pickle to the liquor, and diſſolve in it a couple of anchovies.

Then melt your butter, and mix the prepared liquor with it; to which, if you pleaſe, you may add a little white wine.

But juſt before you melt the butter, you muſt put the oiſters, ſhrimps, muſhrooms, *&c.* into the prepared liquor to boil up, and then all is to be mixed together.

Take notice, that the bodies of the crabs will, being well ſtirred in it, thicken the liquor and render the whole very agreeable.

To dreſs a Jole of SALMON.

Firſt ſcale it, then lard it with little ſlips of eels fleſh, ſeaſoned with pepper; then fry it with burnt butter, and when that is done, ſet it a ſtewing in an earthen pan with clear peaſe ſoop, fine herbs and green lemons; adding oiſters fry'd with burnt butter and a little flour, capers and muſh-

rooms, all being dreſs'd artificially in the pottage, adding ſome lemon juice, when it is ſerv'd up.

To POT SALMON.

Scale and wipe the ſalmon very clean; but do not waſh it at all; ſalt it very well, and let it lie till the ſalt is melted, and drain'd from it; then ſeaſon it with cloves, mace and whole pepper, and lay in three or four bay leaves, then covering it all over with butter let it be bak'd; then take it out and drain the gravey from it; then put it into the pot you deſign to keep it in, and when it is cold, cover it with clarified butter.

This is the *Newcaſtle* way, and after the ſame manner you may pot carp, tench, trout, or any other firm fiſh.

A Tail Piece of SALMON, *in a Caſſerole.*

Dreſs your tail piece, as is directed for a cod fiſh tail (ſee the article *Cod)* farcing the tail of the ſalmon after the ſame manner; bread it and bake it in an oven with white ſalt, chibbol, thyme, a bay leaf or two, and lemon peel; when it is ready, put a ragoe into it, and garniſh according to your pleaſure.

SALMON *in a Ragoe.*

Cut the ſalmon (whether it be jole or any other piece) into ſlices, ſet it into an oven in a covered diſh with white wine, verjuice, ſalt, pepper, cloves, a bunch of ſweet herbs, bay leaves, nutmeg, green lemon, and a little fiſh broth; while it is baking, prepare a good ragoe of oiſters, capers, fry'd flour, the liver of the ſalmon and muſhrooms; turn it all out upon it, and ſerve it up with lemon juice.

To dreſs SALMON *with ſweet Sauce.*

Cut the ſalmon into thin ſlices, flour and fry them in refined butter; then ſoak them a little while in a ſweet ſauce, made of ſugar, ſalt, pepper, cinnamon, cloves and green lemon. Garniſh with what you pleaſe, and ſerve it up.

Salmon may alſo be dreſs'd ſeveral ways. You may put a freſh ſalmon into a ragoe, made brown as it were fricandoes with veal ſweet-breads, truffles and muſhrooms; adding good

good broth or beef gravy as it is ſtewing, and ſome lemon juice, before it is ſerv'd up to table.

Or you may lard the ſalmon with ſmall ſlips of bacon, and well ſeaſon'd; roaſt it by a gentle fire, baſting it with white wine and verjuice; putting a bunch of ſweet herbs and a piece of green lemon into the ſauce.

With the dripping temper ſome oiſters, capers, boil'd muſhrooms, fry'd flour, and the liver of the ſalmon, adding ſome white pepper and lemon juice, when it is ready to be ſerv'd up.

To make SALOP.

Put an ounce of ſalop or ſalep, into a quart of water; ſet it on the fire, ſtirring it till it is as thick as chocolate, and then put to it orange-flower-water, roſe-water or ſack; or you may add a little juice of lemon and ſugar.

This is good for weak and conſumptive people.

SALPICON, is a ragoe uſually made for large joints of beef, veal, or mutton, which are to be ſerv'd up roaſted for the principal ſide diſhes: Having ready cucumbers, boil'd gammon, capons livers, the fillets of a fat pullet, truffles, artichoke bottoms and muſhrooms, cut them all into dice or ſmall ſquare pieces; but the cucumbers by themſelves muſt be fry'd in lard, and well cleared from the fat, and a little flour thrown in; and when they have been fry'd a little while, put them to the things before mentioned, with good gravy; and ſet them on the fire, and ſtew them all together; and if you have any gammon eſſence, put in a little of it; and to thicken the ſauce, prepare a good cullis to be ſprinkled at laſt with a little vinegar.

In the mean time, make a hole in a ſhort rib of beef, or in the leg of a quarter of veal; taking away all that meat, which will ſerve for other farces; and the ragoe even now deſcrib'd muſt be ſubſtituted in its room.

A very excellent Way of SALTING *Meat.*

Let your meat be freſh, and take out all the bleeding arteries; then ſprinkle it with common ſalt, and let it lie in the air for 12 hours; but take care to ſalt the places where the arteries are, more particularly; then wipe the meat dry and make ſome ſalt very hot over the fire, and rub it into the

meat very well, and lay the pieces of ſalted meat one upon another, and it will keep for ſeveral months.

Or with common ſalt rub the ſeveral pieces of meat briſkly with it, after the blood is out, and lay ſalt enough in the hollow places eſpecially; ſo will you be ſure to have your meat ſweet, either beef or pork.

SAL VOLATILE OLEOSUM.

Take of ſal armoniac, and ſalt of tartar, of each four ounces, reduce them to powder ſeparately, then mix them; and put this mixture into a retort, and alſo of the leaves of *Marum Syriacum*, a quarter of an ounce, and of tartariz'd ſpirit of wine three quarters of a pound, impregnated with the eſſential oil of cloves one quarter of a dram; of cinnamon half a ſcruple, of nutmegs a ſcruple; of marjoram, lemons and oranges each half a dram; add to theſe a pound of clean water, and ſet all in a ſand furnace; lute on the receiver, and give fire of the firſt degree, for an hour and a half; increaſe it to the ſecond, in which continue five or ſix hours, or until the white ſalt which firſt ſhot at the top of the receiver, begins to melt down; then put out the fire, and pour out the ſpirit, which will have a great deal of looſe ſalt in it, into a viol by it ſelf for uſe; and the ſalt hardened in the upper part of the receiver into another.

SANICLE is of an aſtringent quality, and its vertues are the ſame as thoſe of *Cinquefoil*; a decoction of its leaves in hydromel being drank, is good for the diſtempers of the lungs; to give eaſe in the belly ache, the ſciatica, and all ſorts of blood, as well in men as women.

The leaves being applied cure freſh wounds; being made into a plaiſter it is admirably good for ruptures.

A Travelling Powder for SAUCE.

Take pickled mango, and let it dry three or four days in the room; then reduce it to powder by grating of it. To ſix ounces of this powder add three ounces of muſhrooms dry'd in an oven and powdered, by pounding it in a mortar; add to theſe a dram of mace powdered, half a dram of cloves in powder, or inſtead of the two laſt a nutmeg grated, and a dram of black pepper in powder; having mixt all theſe together very well, ſift them through an hair ſieve; put this up

up carefully in a paper, and take it with you when you go a journey.

Half a tea ſpoonful of this powder will reliſh any ſauce you have a mind to make to the quantity of a quart, when it is warm.

You may if you pleaſe, add 9 or 10 grains of ſweet baſil, or of ſummer ſweet marjoram, dry'd and powdered.

If you uſe this ſauce for fiſh, adding a little anchovy and white wine, it will be very good.

SAVIN, is of an inciſive, penetrative and attenuating quality; the leaves being drank in wine provoke urine, and very much forward the menſes; being powdered and mix'd with freſh butter, it is given to the quantity of a dram to perſons troubled with the aſthma; the juice of it being drank to the weight of two drams, with a dram of borage, is helpful to women in labour, to cauſe a delivery; but is not us'd unleſs in caſes of extremity, it being dangerous, and the child may be kill'd.

SAVORY, is endued with the following qualities; it attenuates particular humours, helps digeſtion, diſpels wind, whets the appetite, ſtrengthens the ſtomach, takes away loathing, and is alſo good for the ſight.

It is good in obſtructions of the womb, and it is much us'd for diſpelling humours, and allaying pains of the ears.

The leaves powdered and drank in wine, are good againſt diſorders of the breaſt, lungs and bladder.

To make SAUSAGES.

Chop ſome pork and leaf fat of a hog's belly very ſmall, add a ſeaſoning with ſome parſley, ſweet herbs and a ſhalot; and if you have a mind to have them more delicious than ordinary, you may mince the breaſts of capons or fat pullets; with a little raw gammon and aniſe, as is done for white hog's puddings; when the whole mixture has been well ordered and ſeaſon'd, add a little gammon eſſence, and you may bind it with the yolk of an egg; then fill your ſheeps guts, that have been firſt well prepar'd and cleanſed, fill them and tie them of a convenient length, and you may either broil them on paper, or fry them.

Another Way.

Take lean pork, and twice its weight of fat; picking both clean from the bones, ſkin and kernels; ſhred each of them by themſelves very fine; then mix and ſhred them together, and to ſix pounds of meat allow two ſmall nutmegs; the ſame weight of cloves and mace, and pepper near equal to all the forementioned ſpices. Pound all the ſpices very fine, and let your heap of ſalt be twice as big as your heap of ſpice; ſhred a good handful and a half of freſh ſage and ſome thyme ſhred very ſmall; add the yolks of three eggs, and three ſpoonfuls of grated white bread; with theſe being all mix'd together, fill the ſkins.

You may, if you pleaſe, add three quarters of a pint of oiſters; roll theſe and fry them without ſkins: they are to be kept in a pot, and when you uſe them add the yolks of eggs.

Norfolk links are only fat and lean pork, more groſly cut; and the ſeaſoning, pepper, ſalt, and a large quantity of ſage cut ſmall, and put in large ſkins.

Another Way.

Take the fleſh of a leg of pork, and mince it ſmall, and to every pound of the fleſh minc'd, mince about a quarter of a pound of the hard fat of the hog; then having pounded ſome *Jamaica* pepper very fine, mix with it ſome ſalt and a little ſweet marjoram in powder, and ſome leaves of red ſage minc'd very ſmall; mix all theſe very well, and if they are to be fill'd in guts, let them be well clean'd, and lie ſome time in a little warm white wine and ſpice, then beat the yolks of two or three eggs and mix with them; but do not fill the guts too full, leſt they burſt when they are broil'd or fry'd; but if they are to be eaten without being put into guts, then do not put any eggs to them, but pound the fleſh and fat in a ſtone mortar, and work the herbs and ſpice well into it with the hands, and when it is well mix'd, keep it in a maſs to be us'd as you have occaſion; breaking off pieces and rolling them between your hands; then flour them and fry them.

To make Veal SAUSAGES.

Theſe may be made after the ſame manner as the laſt, by mincing a part of a fillet of veal with half the quantity of bacon,

bacon, ſeaſoning with ſalt, pepper, nutmeg and fine herbs chopt ſmall; theſe may either be fry'd or broil'd on paper and ſerv'd up with muſtard.

Royal SAUSAGES.

Chop very fine fleſh of partridges, of a fat pullet or capon, a little gammon or other bacon, and ſome leg of veal all raw, with chibbols and parſley, muſhrooms and truffles; ſeaſon with ſalt, pepper, beaten ſpice and a clove of garlick; adding alſo a couple of whole eggs and the yolks of three or four, and a little milk cream.

Then roll up this mixture into thick rolls and wrap them up in thin ſlices cut out of a fillet of veal, and beaten flat upon a dreſſer for that purpoſe; ſo that the ſauſage may be made as thick as a man's arm, and of a convenient length.

Then lay them into an oval ſtew-pan, having firſt laid thin ſlices of bacon at the bottom, and covered them with the ſame and beef ſtakes; then ſtop the pan up cloſe, and ſet it between two fires; but they muſt be gentle ones, and let them ſtew or bake thus for eight or 10 hours.

Then take them from the fire, let them ſtand in the pan to cool, take them carefully out without breaking them; taking away alſo the meat and the fat.

Then cut them into ſlices with a ſharp thin knife, and lay them in a diſh or plate, and ſerve them up to table.

To make SAUSAGES *of Fiſh.*

Take the fleſh of eels or tench, and to either of theſe add ſome of the fleſh of freſh cod, or of pike or jack; chop theſe well together with parſley and a few ſmall onions; ſeaſon with ſalt, pepper, cloves in powder, and grated nutmeg, and if you like it, a little powdered ginger, with ſome thyme, ſweet marjoram, a little bay leaf, all dry'd and powdered; and mix all theſe well together with a little butter.

Then pound the bones of the fiſh in a mortar, pouring in among them while they are beating, a glaſs or two of claret, which muſt afterwards be poured upon the aforeſaid mixture. Then having the guts of a calf well waſh'd and clear'd of the fat, fill the ſkins with the farce of fiſh, and tie them at both ends, and lay them for 24 hours in a pickle of wine and ſalt; then take them out and hang them in a chimney, where they may be well ſmoak'd with a wood fire or burning ſaw duſt

for

for 24 hours or longer, according as you have allow'd ſalt and ſpices.

When you would eat them, boil them in white wine with a bunch of ſweet herbs; or in water with one third part white wine and ſweet herbs. Theſe are ſerv'd cold up to the table.

SAXIFRAGE, has heating, cleanſing, opening, and diſſolving qualities; being boil'd in wine it is good for thoſe that are feveriſh, and that cannot make water; it is likewiſe good for breaking the ſtone in the kidnies, and thence takes its name (from *Saxum frangendo*, in *Latin.*)

SAXIFRAGE WATER.

Take ſaxifrage three pounds, aniſe, burdock, parſley, and the juice of the pearl plant, of each three quarters of a pound; and three quarters of a pint of white wine vinegar, and diſtil the whole.

This being drank in a morning, is good for breaking the ſtone.

The SCAB *in Cows.*

This diſeaſe proceeds from poorneſs in diet, and is very infectious among cattle, and will quickly ſpread it ſelf thro' a whole herd; and is ſometimes caus'd from want of water in ſummer time.

For the cure; boil tobacco ſtalks in human urine, ſo as to be very ſtrong, and waſh the part affected frequently with it, and give her the following drink.

Take rue and angelica, of each an handful, ſhred them ſmall, and boil them in three quarts of ale without yeaſt, or in new wort, and add an ounce or two of flour of ſulphur, with butter and treacle, of each three ounces, and give it the beaſt in time.

SCABIOUS.

Great vertues are aſcrib'd to this plant, it being of a warming, drying, and cleanſing quality, ſo that it is ſufficient of it ſelf to clear the ſtomach, and cauſe a diſcharge of flegm and other groſs ſuperfluities, whether it be dry'd and powdered and drank in wine or broth, or the juice of it be mix'd

mix'd with honey. A decoction of it will alſo have the ſame effect, and will alſo cure the itch.

It is good for the weakneſſes of the ſtomach, and diſorders of the breaſt, the juice of it taken to the quantity of four ounces, mix'd with a dram of treacle, is excellently good for ſick people; it will make them ſweat abundantly the firſt day, and the ſame quantity may be taken for ſeveral days.

Being applied by way of plaiſter to plague ſores, boils and the like, it will infallibly cure them, and as ſome affirm in a very ſhort time.

It is alſo an excellenr remedy for ſuch as are bit or ſtung with ſerpents and other venomous creatures, for the herb being pounded and applied to the part affected will cure it.

The juice of ſcabious mix'd with borrage and camphire, will take away redneſs and ſpots in the body.

Scabious is likewiſe good for coughs and diſtempers of the lungs; for this purpoſe they extract the juice, pulverize it, and make a decoction of it to be us'd a long time.

The decoction of it drank for 40 days together, will effectually cure tetters or ring worms.

The decoction of the roots is good for ſores caus'd by the pox, and it muſt be drank till they are gone.

A dram of their powder being taken in whey or goats milk, is an excellent remedy in the itch, ſcabs, and the like cutaneous diſtempers.

For a SCALD HEAD.

Let the patient bleed two or three times, and take a purge once a week with two ounces of manna, diacarthami or aloes pills, which purify the blood, and afterwards uſe the following ointment.

Take two ounces of litharge, an ounce of the leaves of rue, half an ounce of the ſeeds of ſtaves acre, and two drams of cyprus vitriol; pulverize all together, and make it into an ointment with as much oil of myrrh and vinegar, as is ſufficient.

But you may rather uſe the following application, which is extremely efficacious: Take the roots of white and black hellebore, litharge of gold, allum galls, quick-lime, chimney ſoot, live ſulphur, cyprus vitriol, orpine and aſhes of tartar, of each half an ounce; quickſilver kill'd in a little turpentine and verdegreaſe; reduce all to powder, and boil it in a pound of olive oil; and add thereto the juice of borrage,

rage, ſcabious, patience, fumitory and vinegar, of each a quarter of a pound, and when theſe juices are conſum'd, add two ounces of yellow wax, and an ounce of black pitch; the ointment being made, let it cool, ſpread it on leather and wrap it round the head. Or,

Shave the patient's head well, and having melted ſome black pitch, ſpread it upon three pieces of linnen cut in the form of a coif, and lay them on all three ſeparately, applying them as hot as the patient can bear them.

Let theſe lie on for 48 hours, then lay on freſh for 48 more, putting ſome ſalt and powdered brimſtone upon the plaiſters before you apply them.

When the ſcurf is gone, waſh the patients head with his own urine, either near a good fire or in a hot ſun.

This dreſſing muſt be repeated ſo long till there are no remains of the evil left; and when you take off the plaſters, do it croſs ways.

For the SCIATICA.

Take the flowers of ſage and roſemary, of each half an handful; flowers of camomile, melilot and elder, of each the ſame quantity; boil all in a pint of white wine.

Then having ſtrain'd the decoction, ſet it on the fire again, and put in eight ounces of gum, three ounces of roſin, two ounces of wax, three ounces of the oil of hypericon, and two ounces of black pitch, and about ſix pennyworth of the oil of laurel; take it off the fire, ſtir it and mix with it an ounce of oil of *Venice* turpentine; put the whole upon a piece of leather, big enough to cover the thigh from the top of the hip to the knee, and let it lie on for ſeveral days.

2. Take glue and ſpread it on a ſheep's ſkin, and apply it to the part affected, and let it lie on till the pain is quite gone; or till the plaiſter falls off of it ſelf, and that you obſerve ſome ſmall drops of water upon the part.

3. Take two ounces of large figs, and as many of muſtard ſeed, pound them together to a paſte, of which make a plaiſter, and apply it to the part affected; repeat this ſeveral times.

4. Take turpentine, pitch black and white, and yellow wax, of each a quarter of a pound, fenugreek and flower-de-luce in powder and olibanum, of each two ounces, of which make the following plaiſters.

Mix the powders with flower of brimſtone, take gum armoniack in pure drops, melt them in a large hot braſs mortar,

mortar, and incorporate them with the turpentine; and having melted the yellow wax and black and white pitch cut into ſmall bits in a ſmall copper pan over a gentle fire; ſtrain them through a finer cloth, mix the gum armoniack incorporated with the turpentine therewith, let the whole grow half cold, and then add the powder to it; ſpread a plaiſter with it, apply it to the part affected, raiſe the plaiſter morning and evening, wipe it well, and put it on again.

SCORZONERA.

A drink made of the juice and root of this herb is good againſt the ſtinging of vipers and other venomous creatures, and alſo againſt peſtilential infections; the root of it being eaten daily, is a preſervative againſt the plague and poiſon; the ſame ſerves againſt the epilepſey and vertigo; and being preſerv'd and comfited in ſugar it is good againſt the heart-ache.

SCOTCH COLLOPS.

Cut thin collops of a fillet of veal in the grain, take off all the ſkin, hack them with the back of the knife; lard ſome of them with ſlips of bacon, and ſeaſon them all with ſalt, nutmeg, parſley, thyme and a little ſavoury: Shred the herbs very ſmall, then fry them in a good deal of clarified butter, till they look of a fine yellow; take care not to burn them black in frying; when they are fry'd ſet them before the fire to drain; pour the butter they were fry'd in from the gravy, and to the gravy put three anchovies, a little ſtrong beef broth, a little oiſter liquor, and a quarter of a pint of claret.

Stew them thus till they are enough, then ſhake in five or ſix ounces of butter; rub the pan firſt with a ſhalot; add the yolks of three eggs, ſtirring or ſhaking it continually, leſt it curdle; when you are ready to pour it out, ſqueeze in the juice of a lemon, and pour it over the collops.

Alſo add forc'd meat balls and muſhrooms and fry'd oiſters, and garniſh with ſlic'd lemon.

For the SCURVY.

Take ſcurvey graſs, garden tanſey, golden rod and wood ſorrel of each an handful; pound them to a conſerve with as much ſugar as the herbs weigh; add to them an ounce

of

of the powder of the plant wake robin: make theſe into an electuary with ſyrup of oranges, of which take a dram three times a day for ſix weeks together in the ſpring of the year drinking after it the following drink.

Take ſcurvey graſs and garden tanſey, of each three handfuls; brooklime, buck-bean, water creſſes and wood ſorrel, of each two handfuls; the peels of three *Sevil* oranges, and half an ounce of nutmegs bruiſed; let theſe infuſe in a gallon of new ſtrong ale-wort; working together for a day and a night, then diſtil it off in a cold ſtill, as long as it will run good, mix the ſtrong and ſmall together, and drink a wine glaſs full after every doſe of the electuary.

This has been taken very ſucceſfully, to ſuch as have been afflicted with any ſcorbutick pains and ſpots; and has by being conſtantly taken cur'd the rheumatiſm.

Another for the Same.

Take half a large handful of firtree tops, cut them ſmall, a handful of water-creſſes, and as many of ſcurvey graſs; half a pound of burdock root ſcraped and ſliced; and the rinds of ſix *Sevil* oranges; put them into a bag, and that into two gallons and an half of ſmall new ale; while it is working; when it has done working, ſtop it up cloſe, till it is fine, and drink of it for a month or longer,

This liquor is very good againſt the dropſey, if you add two ounces of muſtard ſeed, and a quarter of a pound of horſe radiſh root.

Another for the SCURVY.

Take garden ſcurvy graſs half a peck, brooklime and water creſſes of each two handfuls; ground ivy, firtree tops, liver-wort and tamariſk of each an handful; horſe-radiſh roots, ſaſſafras and daucus ſeeds, of each half an ounce; roots of ſharp pointed dock two ounces, and a large *Sevil* orange ſlic'd. bruiſe all theſe gently, and put them into a canvas bag, which hang in three gallons of ale; when it is fine drink a draught of it in a morning or at any time of the day. This is one of the preſcriptions of ſerjeant *Barnard*, and is an excellent medicine for this, diſtemper; but where the ſcurvey is alſo attended with the dropſey, ſo that the legs ſwell, the juices of the herb with the juice of *Sevil* oranges, will be a more ſpeedy and effectual remedy to thoſe whoſe ſtomach can bear them.

A Purging Drink for the SCURVY.

Boil a handful of fir-tree tops, and a few hops, in five gallons of ale wort, then ſtrain it and put it up in a caſk to work, then take ſcurvy-graſs, brook-lime and water creſſes, of each two handfuls; polipody of the oak, and dock root ſlic'd of each one handful; liverwort, and harts tongue of each one handful; gentian, rhubarb, ſena, and ſaſſafras of each an ounce; chop the herbs ſmall, mix them all together, add a couple of *Seville* oranges ſlic'd, add carraways and cardamum ſeeds of each one ounce; put all theſe in a bag and put it into the ale, let them work together; when it has done ſtop it down for a week and you may drink it.

A Mouth Water for the SCURVY.

Take three ounces of the bark of black-thorn, ſlice it, and half a handful of red roſe leaves, boil them in a pint of claret and as much water with a bit of alum, till one third part is waſted; then add the peel of one *Sevil* orange; one handful of ſcurvey-graſs, and as much myrrh powdered as will lie on a ſhilling; ſtir all theſe well together, and give it a boil up; then ſtrain, and hold a mouthful as long as you can once or twice a day. It will faſten looſe teeth, and make the gums grow up to the teeth.

SERVICES.

The Fruit of the ſervice tree is accounted of a cooling quality; but that when it is ſoft it reqires a little heat; with new wine and honey it makes an excellent *Conditum* for ſtrengthening the ſtomach, and from this and its cooling quality, it becomes a powerful remedy for dyſenteries and looſeneſſes.

A water diſtill'd from the ſtalks of the flowers and leaves in *Balneo Mariæ*, and twice rectified upon freſh matter is an incomparable remedy for conſumptive perſons; by taking an ounce of it every day at ſeveral times.

It alſo is good for the cure of the green ſickneſs, is good in all fluxes and being dropt warm into the ear it abates the pain.

The wood or bark of the ſervice tree bruiſed and apply'd to green wounds, heals them, and the powder being drank in oil of olives, conſolidates inward ruptures.

Three

Three grains of the ſalt of the wood taken in a decoction of althea, is an incomparable medicine for breaking, and eſpecially gravel.

SHAVE-GRASS *Water.*

Take ſhave-graſs, raſp'd liquoriſh, marſh mallow roots, red nightſhade, plantain, and red roſe ſeeds, of each two ounces; bole armoniack one ounce; the ſeeds of cucumbers and gourds, of each ſix drams; the ſeeds of white poppies, double the quantity; of quince ſeeds one ounce; let the whole ſtand to infuſe in the whey of goats milk for 48 hours; then diſtil it.

This water is excellent for the ulcers in the kidnies and bladder. The quantity of four ounces being drank in the morning faſting.

SHEEP.

To chuſe ſuch ſheep as are good and like to be profitable, let them be ſuch as have a large body, a very watchful and undiſturb'd eye; the tail and legs ought to be long, and the back covered with much wool, which ſhould be long, fine, ſhining, and bright; and of a white, but never of a grey colour. A ſheep of two years old is one from whom profit may be expected; but thoſe that are four years old ought to be rejected as barren.

To know the age of ſheep, you muſt often examine their teeth, that ſo from the time of their being lambed, till they are four years old, you may be able to know their common bigneſs, for during that time they always appear even without diminution; but after that they grow uneven, ſome becoming ſhorter than others.

The reaſon why ſheep notwithſtanding they have been manag'd with the utmoſt care is (as ſome ſay) becauſe they are ſuffered to take ram too ſoon; they not then having ſtrength enough to withſtand the alteration made in the inward parts, occaſion'd by their being with lamb, nor undergo the labour of lambing.

As to the time of their being put to ram, men are of different opinions.

Some approve of it about the middle of *July*, to the end that they may lamb in *December*; but then this is only as to thoſe ſheep that lamb but once a year; but as for thoſe that do twice, they ought to go to ram in *April*, that they may lamb

lamb in *October*, and then to go to ram again the ſame month, that they may lamb in *February*.

Others object againſt their going to ram in *July*, becauſe the lambs then produc'd, coming into the world in the beginning of *Winter*, will always be in danger of dying, they being very ſuſceptible of cold; and becauſe if they do weather the cold, which is not to be done without taking a great care of them; they never will be any other than a ſort of ſmall ſheep.

But beſides in a flock of two or three hundred of ſheep, there will ſcarce be a couple found that will have an inclination to go to ram twice in 12 months.

Others ſay the true time for ews to go to ram is in the month of *September*, that ſo they may lamb about the end of *February*, at which time the ſevereſt part of the *Winter* is uſually over.

SHORTNESS *of Breath.*

1. Steep oak of *Jeruſalem* all night in a glaſs of wine, drink one half of it in the morning faſting, and the other half after dinner, and continue to do this ſeveral days.

2. Take a pinch of anniſe, the ſame quantity of henbane, and a ſufficient quantity of aſſes milk; mix the ſeeds well with the milk, and take it in the morning two hours before you eat any thing.

3. Take one ounce of lent raiſins, two *Marſeilles* figs, one date, hyſop and *Venus* hair, liquoriſh, fox-heart and ſcabious water of each one dram; *French* wheat and ſyrup of liquoriſh of each two ounces; take the ſeeds out of the raiſins, waſh the fox-heart very well, and take the ſtone or kernel out of the date; mix all the drugs and incorporate them well together, and take it an hour after dinner.

4. Take *Venus* hair, hyſop and horehound of each one handful; of ſmallage ſeeds, figs, dates, and fennel ſeed, of each half an ounce; boil them in a pint and half of river water; till a third part be waſted, ſtrain the decoction thro' a linnen cloth, and put it up in a bottle, and take a ſmall quantity of it every morning before you eat; and alſo if the quantity of a ſmall nut of the conſerve of roſes be taken either before or after, the medicine will have the better effect.

A SHRIMP PYE.

Take ſhrimps clean pick'd from the ſhells, and if they have been well ſeaſon'd with ſalt in the boiling, you need not put any ſalt but only cloves or mace; but if they do want ſalt, ſhred two or three anchovies fine and mix with the ſpice and ſeaſon the ſhrimps; you may make a good cruſt, becauſe they require but little baking; put a good quantity of butter under and over them, and pour in a glaſs of white wine.

SHRUB *for* PUNCH.

Infuſe the peels of five lemons in a quart of brandy; then add the juice of ten lemons with half a pound of loaf ſugar; ſtir all theſe well together; let them ſtand for 24 hours, then paſs them through a jelly bag for uſe.

To a quart of this infuſion you may put one pint of brandy, and three quarts of ſpring water, and the punch is made

But you muſt take notice that all the lemons muſt be perfectly ſound, for one faulty lemon will ſpoil the whole compoſition,

For a SINEW SPRAIN *in a Cow.*

Boil marſh mallows and chick-weed of each one handful in a quart of vinegar, or for want of vinegar, uſe the dregs of ſtale beer, to which add three or four ounces of tallow.

Bathe the place aggriev'd with the mixture very hot.

SILVER WEED is ſo called, not only becauſe the leaves on the lower ſide are of a ſilver colour; but becauſe it deſerves that name by reaſon of its vertues.

It has aſtringent and deſiccative qualities; its water is not only good for beautifying the face; but likewiſe ſome of its powder being mixt with ſome of its water is very good for ſtopping exceſſive fluxes.

A decoction of it with a little vinegar, is good for faſtening looſe teeth, curing the tooth-ach, and for recovering the falling of the palate; and if a little alum be mix'd with it, it has alſo this peculiar to it; that let it be what fever it will, it will allay the burning heat of it; if it be held in the hand, or applied to the ſoles of the feet.

The ſilver-weed is alſo call'd wild tanſey or agrimony, having leaves like agrimony, is extremely aſtringent; is alſo good for the bloody flux, diarrhæa, and for ſtopping womens fluxes, which it effects by putting it into their ſhoes next to their feet, there being nothing between them.

Silver-weed has an excellent vertue above all other herbs for breaking the ſtone, curing malignant ulcers and wounds within the body, of ſtopping fluxes and dyſſenteries, being taken in drink, and will alſo diſſolve clotted blood.

SKIRRETS, tho' they are none of the largeſt roots, yet it is certainly one of the beſt product of the garden if rightly dreſs'd; the way to do which, is to waſh the roots well, and to boil them till they are tender, which will not be very long a doing.

Then take off the ſkin of the roots; then pour over them a ſauce made of melted butter and ſack; and ſerve them up to table, to be eaten with the juice of orange; and ſome boil them, ſkin and fry them, and eat them with the former ſauce.

SMALLAGE, is of an opening, pectoral and vulnerary nature, helps reſpiration, cleanſes the ulcers of the breaſt, provokes ſpitting and the menſes.

To pickle SMELTS.

Having firſt gutted and waſhed the ſmelts, lay them in rows, laying a layer of ſalt, pepper, nutmegs, cloves and mace, between every layer of fiſh, and alſo four or five bay leaves, powdered cochineal and ſalt petre, pounded and mixed with the ſpice: Boil (in as much as will cover them) of good red wine vinegar, and put it to them when they are cold.

A SMOKING CLOSET *for drying Tongues, Hams, &c.*

You may make this by incloſing a room of about ten foot ſquare in a garret, where is a chimney, into which by a regiſter the ſmoke may be let in from the kitchen fire, or made on an hearth in the ground floor; ſo that the ſmoke does not then come too hot on the tongues, and ſo prevents them from turning ruſty. See the Article *Hams*.

SNAIL WATER *for a* CONSUMPTION.

Take a peck of ſnails, wipe them clean, and crack them, then put them into four quarts of milk, with a handful of balm, mint wild hyſop, dates, of each half a pound; raiſins of the ſun one pound. Diſtil all together, and let it be the perſons conſtant drink.

SNAP DRAGON *(the Purple.)*

The flower and fruit of this plant being done over with honey and oil of roſes, are good for the ſuffocation of the womb, and to bring on womens menſes.

It is ſaid that this plant is ſuch an enemy to ſcorpions that, they become ſtupified at the ſight of it.

SOAP, is made in the following manner.

Take of oak or beech aſhes, but rather pot aſhes, three parts, quick lime one part; moiſten the pot aſhes a little, and then mix the quick-lime, layer upon layer, or rather cover the quick lime over with them, letting them lie ſo long in a fat till the lime falls aſunder and they mix together, ceaſing to make a noiſe; then throw on more water that the maſs may become moiſt; then with a ſufficient quantity of water, extract the fiery lixivious lye, commonly called the magiſtral or capital lye, which is ſo ſtrong that an egg will ſwim in it; this muſt be drawn off, and another lye made not quite ſo ſtrong with boiling water, with which mix your oil, lard, fat, or tallow; which boil with a ſoft fire till they grow white; then add, of the capital lye in a tripple proportion, to the oil, lard fat, or tallow, and continue boiling till they are coagulated, and all compacted into one body.

Then make trial of it by the tongue, and if the taſte be ſweet, more of the capital lye muſt be added; but if it be biting, it muſt be boil'd till it ſwallow up the oil; but if it be more than ordinary pungent, then put in more oil leiſurely at diſcretion; then boil it till it begins to rope and run clear or tranſparent from the ladle, and continue the boiling three hours.

To ſtew SOLES.

Let your ſoles be of the largeſt ſize, gut, and ſkin them, put them in a ſtew-pan, and pour to them a pound of good beef

beef gravy, and a pint of claret, and an anchovy, a ſtick or two of horſe-radiſh, and a little lemon peel, a large onion, a bunch of ſweet herbs, ſalt, whole pepper, cloves, mace and half a nutmeg, and a bit of butter.

Then ſtew theſe till the fiſh is enough, then pour off the the liquor through a ſieve, and thicken it with burnt butter, having firſt added a little juice of lemon.

Diſh the fiſh, pour the ſauce over it; and garniſh with lemon, and ſlices of the roots of red beets, fry'd bread and ſcraped horſe-radiſh.

To fry SOLES, *Flounders and Plaiſe*, &c.

Melt a large quantity of hogs lard in a pan till it is very hot; then put in the fiſh, having been prepared as follows.

But you may firſt fry ſome bread cut in lengths as big as ones finger to ſet to drain for garniſh.

Gut, ſkin and flour the ſoles well, put them into the pan; turn them once and when the upper ſide is of a yellow colour, they are enough, then take them out, and lay them in a cullender, aud ſet them to drain before the fire.

Flounders are only to be gutted and their ſkin waſhed with water and ſalt; well dry'd with a cloth, flour'd and put into the pan, and managed as the ſoles.

And *Plaiſe* after the ſame manner as flounders.

Whitings are alſo done as the former.

Smelts, are only to be rubb'd with a coarſe cloth, flowered and fry'd.

Gudgeons muſt be ſcaled, gutted and waſhed, then floured and put into the hot lard. But in all theſe your fire muſt be quick.

If you would fry them very criſp, uſe ſallad oil inſtead of lard; or you may uſe good beef or mutton dripping; but it muſt be made as hot as poſſible in the pan, before you put in the fiſh.

The ſauce for theſe is melted butter, and anchovy liquor, with ſhrimps or oiſters, if they are ſingle.

SOLOMON's SEAL.

It is of an abſterſive and aſtringent quality; 12 or 16 grains of the ſeed being taken, will both purge and vomit; the green leaves being boil'd in ſome wine or the powder of them after they are dryed and taken inwardly, to the quan-

fity of half a dram, will purge away phlegm and viſcous humours.

The root is very good for ſtopping the whites in women.

A Water SOOCHY, *a Diſh of Perch dreſſed after the* Holland *faſhion.*

Take perch of about five inches long, ſcale and clean them well, then lay them in a diſh and pour vinegar upon them, in which let them lie an hour, then boil them in water and ſalt, ſome parſley both leaves and roots, (the parſley roots muſt be taken before they run to ſeed, and if they be ſo large as to take more boiling than the fiſh, they muſt be boil'd by themſelves) well waſh'd and ſcrap'd; let them be boil'd over a briſk fire till they are enough, then pour all fiſh, roots, and liquor ito a ſoop-diſh; garniſh with ſlic'd lemon, and ſerve them up hot.

The *Hollanders* commonly eat the fiſh and roots, with bread and butter; but thoſe that pleaſe may have melted butter in a baſon.

This diſh is much admired by ſome.

For a SORE THROAT, *an excellent Gargle.*

Take ſcabious water ſix ounees, white wine vinegar a ſmall ſpoonful; muſtard ſeed beaten and honey of each a ſmall ſpoonful ſtir and ſhake them very well together, and filter the mixture and keep it for uſe.

A Plaſter for a SORE THROAT.

Make a plaiſter of *Paracelſus* three or four fingers broad, and long enough to reach almoſt from one ear to the other, and apply it to the part affected, ſo that it may touch the throat as much as may be.

Another Remedy for the Same.

Take bay ſalt dry'd, pound it and put it into the folds of a rag, in a ſufficient quantity to make a ſtay, to be tied about the throat; apply this over night as hot as the patient can endure it.

Another for the Same when inflamed.

Take a handful of the leaves of common mallows, and 8 or 10 good figs; boil theſe about a quarter of an hour in a pint of new milk, and let the patient uſe it very hot, and very often.

SORE EYES *in Poultry, to cure them.*

Take a leaf or two of ground ivy, and chewing it well ſuck out the juice, and ſpit it into the eye, and it will certainly heal it. The ſame medicine will alſo ſerve for dogs.

SORREL.

The long or great, is of an opening nature, and helps digeſtion, the herb is good to quench thirſt, create an appetite, and moderate choler; the decoction of it is good to open the body; and being apply'd raw with the oil of roſes or ſaffron, diſſolves impoſtumes: The ſeed being taken in wine or water, is good for the bloody flux and weakneſs of the ſtomach.

It is very cooling, its decoction will carry off the jaundice by urine; and the leaves beaten with a little vinegar, allay inflammations, and cures St. *Anthony*'s fire.

This Plant is an admirable remedy for the biting of a mad dog; by drinking its decoction daily, and waſhing the wounds therewith, and covering it with its leaves; which is to be continued till the bite is cured.

The leaves of ſorrel dry'd between hot aſhes, has a ſingular vertue to diſſolve and bring a away the bad humours of the eyes.

A SORREL TART.

Waſh your ſorrel, and alſo ſome *Spinach* leaves, well in ſeveral waters; then either pound them in a mortar, or ſhred them very ſmall, and ſqueeze out the juice through a cloth, till you have got half a pint of juice: Then put into it about the quantity of a quart of the the ſame herbs ſhred; adding ſix ounces of fine ſugar pounded and ſome ſpice, with the yolks of half a dozen large hard eggs bruiſed and well mixed with it, and alſo two raw eggs well beaten; then put in a pint of cream, ſtir it well, and put it in a paſte, then bake it in a very gentle oven.

When it comes out, ſift on ſome very white ſugar, and garniſh with orange and lemon ſliced. You may if you pleaſe, put in ſome orange-flower-water.

A SOUP.

Take half a ſcore onions, peel them, and cut them into ſmall pieces, put them into a ſtew-pan, and fry them brown with butter and a little ſalt and pepper, and when they are enough, pour ſuch a quantity of water upon them as you think proper for making a ſoup of them. Then let theſe boil together, and thicken it whith as many eggs as are neceſſary, keeping it ſtirring to prevent the eggs from curdling.

Some add to this a large glaſs of white wine, which I think makes it better taſted, than it is without it. This is ſerv'd up with a *French* roll in the middle of it.

It is a *French* diſh and they call it *Soupe a l'Yvrogne.*

A very good SOUP.

Boil a ſhin of beef, a crag of mutton or veal, and a bit of bacon, in as much water as will be ſufficient to boil them to rags, together with half a pound of rice, keep it cloſe covered while it is a boiling; when you think the goodneſs of the meat is out, ſtrain it off; and put to it ſome whole pepper, cloves, mace and ſalt to your palate.

You may alſo put in ſoup herbs, a quarter of a pound of rice plumped; or boil a *French* loaf, or two or three pigeons for to lie in the middle; and with the ſpice add a little fagot of thyme, ſavory and marjoram; or if you pleaſe, you may put in a quart of peaſe at firſt inſtead of the rice.

A Foundation for HERB SOUP.

Take chervil, beets, chards, ſpinage, ſallary, leeks, and ſuch like herbs, with two or three large cruſts of bread, ſome butter, a bunch of ſweet herbs and a little ſalt; put theſe with a moderate quantity of water into a kettle, and boil them for an hour and an half, and ſtrain out the liquor through a ſieve, and it will be a good foundation for ſoups, either of aſparagus buds, lettuce or any other kind, fit for lent or faſt days.

Theſe herb ſoups are ſometimes ſtrengthened with the yolks of eggs, a little before they are ſerv'd to table.

CAKE

CAKE SOUP, *or* VEAL GLUE, *to be carried in the Pocket.*

Strip a leg of veal of the ſkin and fat, then take all the muſcular or fleſhy parts from the bones; boil this fleſh gently, in ſo much water and ſo long a time, till the liquor being ſet to cool will be a ſtrong jelly; which you may know by taking out a ſpoonful now and then and letting it cool.

Then ſtrain the liquor through a ſieve, and let it ſettle, then having a large ſtew-pan with ſome water and *China* cups, or glaz'd earthen ware, fill theſe cups with the jelly, taken clear from the ſettling and ſet them in the ſtew-pan of water, and let the water boil gently, till the jelly becomes as thick as glue; then ſet them out to cool, then turn them out on a piece of flannel, which will draw the moiſture from them; turn them every ſix or eight hours, and then put them on a freſh piece of flannel, continuing ſo to do, till they are quite dry, and then keep, the glue in a dry place. This will harden it ſo much, that it will be as ſtiff and as hard as glue, and may be carried in the pocket without any inconveniency.

The way of uſing this cake ſoup is by boiling about a pint of water, and pouring it upon a piece of the cake about the bigneſs of a walnut, and ſtirring it with a ſpoon till it diſſolves, and it will make a very ſtrong broth; as for the ſeaſoning it, this may be done with ſalt, pepper, *&c.* to your palate; there being no ſeaſoning put to the veal, when the glue is made; becauſe that would be apt to turn it mouldy. So likewiſe may any ſort of herbs be boil'd in the water, or onions, or any thing you like.

After the ſame manner may gravy be made for ſauce; by adding double the quantity of the glue according as you would have it in ſtrength.

CAKE SOUP, *&c. of Beef.*

Take a leg or a ſhin of beef, prepared as is directed for the leg of veal, uſing only the muſcular parts, and doing in every thing as there directed; you will have a beef glue which may be more acceptable to ſome, as it is of a ſtronger nature.

There may likewiſe be added to the beef, the fleſh of hares, old cocks, *&c.* to make it the ſtronger.

Theſe are good for ſoups or ſauces, and may be inrich'd by ſallary, chervil, beets, chards, leeks, or other ſoup herbs.

A little

A little of this is good to put into ſauces, either of fleſh, fiſh, or fowl, and will make a fine mixture with the travelling ſauce.

SOW-THISTLE.

The juice of the prickly ſow-thiſtle being drank, allays the pain that gnaws the ſtomach, and produces much milk; being drank in ſome wine, it qualifies the heat of the ſtomach and ſtops looſeneſs and vomiting; the leaves of it being chewed, ſweeten a bad breath; its milky juice or diſtillations drop by drop are good for aſthmas and ſtranguries.

SPARAGRASS.

The roots of this plant are diuretick, as well as the plant, and much more ſo. They are alſo a good ingredient in all compoſitions intended to cleanſe the *viſcera*, eſpecially where theſe obſtructions threaten the jaundice or dropſey.

SPARAGRASS *in a Ragoe.*

Boil them in water, take them out, drain them, ſtrain ſome fine ſalt over them, then lay them in order in a diſh and ſerve them up with ſauce made of butter, vinegar, ſalt, nutmeg and pepper well mix'd together. See *Aſparagus.*

SPIKENARD *or* LAVENDER SPIKE.

Is of an opening, digeſtive quality. It is good for the cold diſeaſes of the brain; as apoplexies, epilepſies, palſies, lethargies and convulſions. The flowers of it ſtrengthen the ſtomach, remove the obſtructions of the ſpleen, and warm the womb; a decoction of them in wine, provokes urine, and forwards the menſes and afterburthen.

The oil of ſpikenard is a ſovereign remedy for ſheep that are ſo incommoded with obſtructions, which if not remov'd would kill them; it is apply'd by dipping a hens quill in the oil, and putting it into the noſtrils of the ſheep.

But you muſt not put the ſame quill to another ſheep, becauſe if it be not diſtemper'd, it may impart the malady to it.

SPINAGE.

Some authors ſay, that the firſt water of ſpinage is not wholeſome, it mollifies the belly, but is windy; the juice is good againſt the ſtinging of ſcorpions, *&c.* A water diſtill'd from them, has the ſame effect, is good againſt inflammations and corroding ulcers, if apply'd outwardly with a linnen cloth.

A SPINAGE TART.

Take five or ſix handfuls of ſpinage clean waſhed, dry'd, pick'd clean from the ſtalks and ribs of the middle of the leaves; let it be ſhred as ſmall as can be; then mix it with a pint of grated bread, the ſame quantity of cream; the yolks of nine and whites of four eggs; three ſpoonfuls of orange-flower-water, and a little ſalt; ſweeten it with ſugar to your liking.

You may likewiſe beat up two ounces of almonds with your orange-flower-water, which will much inrich the taſte.

Garniſh the brim of the diſh with paſte, and lay ſlips acroſs the top.

SPITTING *of* BLOOD.

In all ſpittings of blood, the perſon ſhould forbear talking, keep quiet, forbear any violence in action; and ſometimes open a vein, but uſe the greateſt precaution in bleeding and take away but a little at a time.

If a veſſel happen to be broken, or much opened, by a defluction of a ſharp and ſalt humour, the greateſt caution is neceſſary to be uſed in bleeding, ſo that but a little blood be taken away.

If bleeding do not quickly produce a good effect, ſome adviſe to apply cupping glaſſes to the groin and buttocks, or elſe to bind the thighs with ſtrong ligatures; and that the perſon drink by intervals the ſyrup of pomegranates or quinces, myrrh, dry'd roſes, or gooſeberries beaten with plantain, purſlain, or ſolanum water, or let him ſwallow an ounce of ſyrup of dryed roſes, or roſe honey in half a glaſs of the juice of ſorrel.

A Cordial Water for the SPLEEN.

Take of cardamums, cinnamon and ſaffron, of each two ounces, harts-horn eight ounces; balm and red ſage, of each

two

two handfuls; infuſe theſe in four quarts of ſack or good brandy for 24 hours. Diſtil theſe in a cold ſtill as quick as you can, and let it drop on half a pound of ſugar candy: Drink a dram of this when you find your ſelf low ſpirited.

The SPLEEN *in Swine.*

Swine are frequently troubled with this diſtemper, which is the abounding of the ſpleen.

For the cure give them ſome roots of tamariſk boil'd or infuſed in water; or if ſome of the ſmalleſt twigs of tamariſk were chopt ſmall and given them with their meat; but if tamariſk cannot be had, you may uſe the tops of heath boil'd in water; or give them water wherein the aſhes or coal of heath has been quench'd; eſpecially if you temper barley meal with this water, and give it to the ſwine in the time of their ſickneſs.

SPOTS, *to take out of Linnen, Woollen, Silk,* &c.

Take a quarter of a pound of *Venice* ſoap, ſcrape it fine, one ounce and a half of oil of ſpike, ſpoonfuls of ox dung, as much lemon juice as will moiſten the maſs of ſtarch and give it its proper conſiſtence, then make the ſoap into balls and let it be very dry before you uſe it; and when you do, firſt waſh the ſpots with warm water and afterwards rub them with the balls; and then waſh them again very well with water.

Another Way.

Put to a pint of ſpring water, the quantity of half a walnut of aſhes of tartar or old lees of wine, and half a lemon cut into ſmall pieces; mix all well together, and let it ſtand to digeſt for 24 hours, and then filtrate the water, This will take out all ſorts of ſpots, made by oil or otherwiſe out of hats and clothes; whether made of ſilk, woollen or linnen: Waſh the part where the ſpot is with fair water, after you have taken out the ſpots, and clean it well.

Another Way.

Boil two ounces of roch allum and an ounce and half of burnt tartar, and a ſcruple of camphire in two meaſures of river water, and one of ox gall, till the half is conſum'd; then

then ſtrain it and waſh the ſpots with it: Doing thus two or three times will take them quite out.

To take all Sorts of SPOTS *out of Clothes.*

Pound common ſalt together with black ſoap, and with this rub the ſpots, and when they are dry waſh them afterwards with warm water, and they will be gone.

To take a SPOT *of Oil out of Sattin*, &c.

Calcine ſheep's trotters, reduce it to a powder, lay it on both ſides the ſattin, *&c.* where the ſpot is, leaving it ſo for the ſpace of a night, and it will take out the ſpot; which if it be not done effectually, repeat it: But the ſpots muſt not be ſuch as are of long ſtanding.

Another Way.

Take four ounces of ſoap, and two of potters earth, and half an ounce of quick-lime; mix all with a little water and lay it upon the ſpot.

To take SPOTS *out of white Silk, or Velvet dy'd in Grain.*

Firſt boil ſome bran three times, and wet the ſpots on the back and foreſide with it; then ſpread the white of a new laid egg on the ſpot; then hang it in the ſun to dry, waſh it gently with cold water, preſs it well, and the ſpot will diſappear; but this is to be done twice. It will not at all efface the colour.

Another for Cloth dy'd in Grain.

Waſh the ſpot with roch allum, and rub the cloth well; then waſh it with fair water, and the ſpots will be gone the ſecond time of doing it.

Another Way.

Take roch allum, tartar and white ſoap, reduce all to a very fine powder; then take an ox gall, and put ſome lye into a ſmall pot, according to your diſcretion, ſet it on the fire, and when it begins to boil add galls and powder to it

it, and let it boil till the third or fourth part is consum'd; wash the spots twice with this water, and let it dry each time, and the last time wash it with cold water; and you will see the good effects of it.

To take SPOTS *out of Scarlet, either Silk or Woollen, without losing the Colour.*

Extract the juice of the herb call'd soap-wort, lay it upon the spot for the space of two or three hours, and then wash it with hot water, and if the spot is not taken quite out, wash it once more.

But if the cloth be not dy'd in grain, put a little soap to it and something more of the juice; incorporate and wash the spot well with the same, and it will answer the end.

To take out SPOTS *of Grease or Fat.*

Take roch allum and new quick-lime of each four ounces, allum of tartar an ounce and half; soap cut very small 12 ounces; boil all together in a clean vessel for some time, and then strain the liquor, and put it in a bottle for use; which is to be warm'd when us'd, and the spots wash'd on each side with it; rubbing one part of the cloth or stuff against another, and the spots will come out; then use a little soap with cold water, and the spots will vanish at the second or third time.

To take SPOTS *of Ink or Wine out of Linnen or Woollen.*

Wash the spots several times with the juice of lemon, orange or citron; let the cloth dry and then wash it with cold water, and they will vanish; but if they be ink spots, wash them with white soap and vinegar, and this will do the business.

For a SPRAIN.

1. Pound wormwood very well in a stone or glass mortar; then add to it as much of the whites of eggs beaten to water, as will make it of such a consistence as a poultice, and apply it to the part affected.

2. Put the foot, *&c.* into a pail of cold spring water, and hold it in till the water grows warm; then take it out, and repeat

repeat it till it is well, and it will effect a cure without any other application.

3. Boil wheat bran in the ſtrongeſt vinegar you can get, till it is of the conſiſtence of a poultice, and apply this as ſoon as you can to the part affected, renewing it when it begins to grow dry.

4. For a freſh ſtrain take freſh clay, ſuch as the bungs of barrels, and work it with vinegar to a ſort of cataplaſm; warm it a little and apply it to the part affected.

5. Or make a cataplaſm with a quarter of a pound of bean flour, and two ounces of vinegar, and apply them a little warm to the part affected.

But if this ſhould prove ſomewhat too ſharp, as in ſome caſes it may; then boil two drams of litharge in the vinegar before you put in the bean flour.

6. Boil about a pint of claret in a cloſe veſſel with a handful of red roſe leaves, till the liquor is pretty ſtrong of them. Dip a piece of linnen or flannel into this liquor, wring out the moiſture, double it, and apply it hot to the part affected; binding it on with a fillet or the like.

STÆCHAS.

A decoction, ſyrup or water, diſtill'd from this plant comforts the brain and memory, and removes the obſtruction of the liver and lungs.

The STAGGERS *in Swine.*

The cure: Boil flowers of ſulphur and madder, either ground or powdered in new milk, and give it the hog faſting for two mornings ſucceſſively; but this is to be done at the beginning of the diſtemper only; but if it has ſiez'd his head violently, uſe the following medicine.

Take of common houſeleek and rue in equal quantities, and add to theſe as much bay ſalt as will make their juices very pungent; bruiſe them together in a marble or ſtone mortar with a wooden peſtle; adding a large ſpoonful of the ſtrongeſt vinegar, and put this mixture into the hog's ears, ſtopping them both cloſe with tow, wool or cotton, ſo that it may be kept in 24 hours.

This will recover the hog, if he be not too far gone; but if this does not compleat the cure, repeat it a ſecond time, and when you take it out of his ears, ſtop them either with ſheep's

ſheep's wool, cotton or tow, that has been a little greas'd with oil of almonds; which will prevent his taking cold.

Dr. STEPHENS's WATER.

Take ſix quarts of proof ſpirits, and three quarts of water; camomile flowers, lavender, mint, origanum, pellitory of the wall, penny-royal, roſemary, red roſes, ſage, thyme and mother of thyme, of each a ſmall handful; anniſeeds, carraways, cinnamon, galangal, ginger and nuts, of each three drams; macerate all in the ſpirits, *&c.* diſtil and ſweeten with a pound of white ſugar, adding three leaves of gold.

A STINKING BREATH proceeds either from putrified lungs, defective teeth, a diſtemper of the head, or an obſtruction of the ſtomach.

For the cure of that which proceeds from putrify'd lungs.

Take half an ounce of *unguentum Nicotianæ*, and two drams of *oleum ſuccith*, mix them together, and anoint the breaſt outwardly with it.

Give alſo cleanſers inwardly, as oil of ſulphur allay'd with roſe water, morning and evening; as alſo *antimonium diaphoreticum*, five times a day for ſeveral days together; then heal by giving oil of almonds mixt with three drops of oil of cinnamon, or pills of turpentine.

Laſtly, give morning, noon and night a bolus made of nutmeg, mace and ginger, of each 15 grains; two drams of honey, and ten drops of oil of cinnamon; mix theſe and continue to take them for ſome weeks.

STIPTICK WATER, *or a Water for ſtopping of Blood.*

Put a pound of quick lime into a clean earthen veſſel, and pour upon it five or ſix pints of fountain water, cover it cloſe and let it ſtand for an hour without touching it; then ſtir it for a little while with a ſtick, then ſet it by for 24 hours; but ſtirring it ſometimes after this let it ſettle to a ſediment, and then pour off the top by inclination without diſturbing the ſediment as little as poſſible.

Put a pint of this into a glaſs bottle, adding a dram and a half of ſublimate finely powdered; ſhake them well that the powder may diſſolve and be of an orange colour, or rather reddiſh than yellow, and at laſt clear and limpid, becauſe the redneſs will ſink to the bottom.

The

The water being clarified, ſeparate the water from the ſediments without troubling them, and add a dram of oil of vitriol to the clear water, and an ounce of *ſaccharum ſaturni*, and having mix'd them well by ſhaking them in a glaſs bottle, pour off the clear water, and keep it for uſe to ſtop bleeding in any part of the body.

For the STONE.

Make a very ſtrong decoction of mallows in the following manner, put a quarter of a peck of leaves into two quarts of water (or in proportion to a greater quantity) boil them till near one half is conſum'd; then ſtrain it, and add half as many leaves and boil it over again; then add ſyrup of marſh mallows, ſton'd raiſins and liquorice, of each an ounce; and let the patient drink this liquor continually. Let it be very clean ſtrain'd, and let it ſettle well before you pour it off from the thick.

Another for the Same.

Take white amber and millepedes in like quantities (let the millepedes die in white or Rheniſh wine) finely powdered, half as much nutmeg finely grated, and as much *Chio* turpentine as will beat them. Then mix them in a warm mortar into a maſs for pills; a little more turpentine than all the reſt weigh will be ſufficient: Take of this faſting the quantity of five large peaſe, in tea or any ſuch thing.

For the STONE *and* GRAVEL.

Take caſſia newly drawn three ounces, choice rhubarb in powder three drams, *Cyprus* turpentine well waſh'd 14 drams, ſpiced diatragacanth two ſcruples, powder of liquorice a dram; mix theſe with a good quantity of ſyrup of marſh-mallows. Of this mixture take the quantity of a walnut in a morning faſting, drinking after it a draught of plain ale poſſet drink.

Then walk for an hour, and after that drink a pint (if your ſtomach will permit) of white wine poſſet, ſweetened with ſyrup of marſh mallows.

This preſcription has been us'd with great ſucceſs, even to the diſſolving the ſtone.

For ſtoppage of Urine in the STONE.

Take four ſpoonfuls of the juice of parſley in a pint of white wine, ſweetened with the ſyrup of marſh mallows and (if you can) drink the whole quantity at a draught.

Another.

Take the inner ſkins of the ghizzards of pigeons, waſh, dry and powder them very fine. Take as much of this powder as will lie upon a ſhilling, in a glaſs of white wine. This has given eaſe in the moſt racking pain.

Another for the Same.

Take the berries of haw-thorn, dry and powder them, and take as much as will lie on a ſhilling in a glaſs of white wine. This being taken for a conſtancy, has wrought great cures. It may be taken alſo in ale, or in a poſſet drink turn'd with white wine. It is to be taken in a morning faſting.

For the STONE.

Mix parſley water, fennel water and good white wine, of each one pint together; into theſe put an ounce of live wood lice well cleans'd, one lemon ſlic'd thin, and two ounces of ſyrup of marſh mallows: Put theſe into an earthen or ſtone jug, let them ſtand to infuſe for five days; then ſtrain it out, and drink four ounces at a time twice a day.

A good Water for the STONE.

Take four quarts of white thorn flowers, infuſe them in a quart of ſtrong white wine, with two ounces of nutmeg ſlic'd; let them ſtand to infuſe two days, then diſtil them in a cold ſtill. This may be drank either with ſugar or without.

The STONE *in the Bladder.*

It is an excellent remedy to drink lemon juice in white wine; ſo likewiſe are the kernels of medlars, powdered and drench'd firſt in white wine; the ſeed of broom, citruls, marſh-mallows melons, pimpernel, pompions and the ſeed of the pearl plant taken in white wine are very good.

The

The ſpunge ſtone reduc'd into powder, and the ſtone which is found in the head of crabs taken in white wine or the juice of turnips; alſo a water diſtill'd from bean cods, red chiches and marſh mallows ſeeds is very good.

Glaſs ſeven times burnt, and as often extinguiſhed in ſaxifrage water, and then reduc'd into fine powder, and drank in wine, is ſaid to diſſolve the ſtone in any parts of the body, and this is look'd upon as a great ſecret.

Other Remedies.

Take ſea ſnails, or the ſhells of them; infuſe them in the juice of lemons, and being diſſolv'd in water, let the patient drink it all, and after he has made water, he will find himſelf reliev'd to admiration, for that will break the ſtone and bring it away.

Another for the Same.

Steep broom when in bloſſom in wine for a night, then ſtrain it and drink it, and it will diſcharge the urine plentifully, and afterwards uſe the following water.

Then take a great earthen pot, ſet it on a hot fire, till it is red hot, then put into it three whole leverets, newly kill'd; ſtop the pot, lute it well, then ſet it on the fire again, and let it ſtand till the leverets are reduc'd to aſhes; then pour in as much of the blood of an he-goat as you think proper; ſtir all with an iron rod very well that they may incorporate; then diſtil this ſtuff, from which will come a water, which will (as ſome aſſert) break the ſtone either in the kidnies or bladder.

You may know whether this water be well prepar'd or not; by putting a piece of mutton and a ſmall ſtone into it; for if the water be right, the ſtone will diſſolve and grow leſs; but the fleſh will remain of a vermilion hue, without receiving any injury.

See SWEET BROOM, in *S.*

An excellent Receipt for the STONE *and* GRAVEL, *whether in the Kidnies, Ureters or Bladder.*

Take marſh mallow leaves, the herb mercury, ſaxifrage and pellitory of the wall, of each freſh gathered three handfuls; cut them ſmall with a pair of ſciſſars, and having mix'd them together, pound them in a clean ſtone mortar

with a wooden peſtle, till they come to be a maſh; then take them out and ſpread them thin on a broad glaz'd earthen pan, there let them lie, ſtirring them once a day, till they are thoroughly dry (but not in the ſun) and then they are ready, and will keep good all the year long. Of ſome of theſe ingredients make tea with boiling hot water, as ſtrong as you like to drink it; but the ſtronger the better, and drink three or four, or more tea cups full of it blood warm, ſweetened with coarſe ſugar, every morning and afternoon, putting into each cup of it at leaſt half a ſpoonful, but rather more of the expreſs'd oil of beech nuts freſh drawn (which in this caſe has been experienc'd to be vaſtly preferable to oil of almonds or any other oil) ſtirring them about together, and continue this as long as you ſee occaſion.

STRANGURY, is a ſuppreſſion of urine; and in what ſeaſon or age ſoever a perſon is troubled with a ſuppreſſion of urine, bleeding is accounted always neceſſary; after which let him take an ounce of caſſia, and half an ounce of manna, moiſtened or diſſolv'd in a glaſs of the decoction of mallows; and alſo two days after this purge, let him take in ſome broth two drams of the gum of pine for ſeveral days in a morning faſting; or elſe two drams of the powder of ſnail ſhells in a glaſs of the water of a young child.

2. Let him either as he goes to bed or gets up take three ounces of the diſtill'd water of white onions, mix'd with an ounce of the ſyrup of violets, marſh mallows or maiden-hair.

3. Or let him take from time to time a dram of yellow amber reduc'd into fine powder, in a glaſs of white wine.

Some boil in wine pellitory and groundſel, with a clove of garlick, and apply it to the belly of the patient; at the ſame time the patient's navel may be rubb'd with ſome drops of ſcorpion oil, and between meals let him drink a barley water made with the leaves of agrimony or the roots of aſparagus.

This is to be remembred, that if internal remedies bring away much urine at a time, you muſt be cautious for fear they ſhould fill the bladder too much.

STRAWBERRIES, are a fruit good for bilious perſons; quenching of thirſt and mitigating the heat of the body.

The water diſtill'd from them is good for the leproſy, and to fortify the heart, and purge the breaſt, is good in the overflowing of the gall, and cooling the blood. The doſe is three ſpoonfuls three times a day.

The

The decoction of the root and herb is good to provoke urine, and for the ſpleen and kidnies.

Their juice is good to take away redneſs and ſmall pimples in the face, proceeding from the heat of the liver, and for allaying the redneſs of the eyes, effacing the blotches and ſcurfs of the leproſy.

The decoction of the roots and leaves of ſtrawberry plants make a liquor or wine that will cure the jaundice, being drank in the morning.

It is alſo good for provoking the menſes in women, and for ſtopping the whites and dyſſenterical fluxes.

Taken by way of a gargariſm it ſtrengthens the gums and faſtens the teeth.

STURGEON, *to dreſs in Collops.*

Lard and flour them a little, and bring them to a colour with lard; then boil them in a ſauce-pan with good gravy, fine herbs, ſlices of lemons, truffles, muſhrooms, veal ſweet-breads, and a well ſeaſoned cullis; drain the fat very well from them and ſprinkle them with a little verjuice, and ſerve it up to table.

Another Way with Turneps.

Firſt boil the ſturgeon in water, with ſalt, pepper, thyme, onions and cloves; and you may pour in ſome broth if you have it; then fry the ſturgeon brown in lard; clear it from the fat, and put it into a cullis with turneps, and a little ſalmon cut into ſlices or chopt ſmall, and ſerve it up with lemon juice. You may ſet it out with a marinade or other garniture.

SUCCORY being boil'd in wine purges away choler and viſcous humours; there is a water that is diſtill'd from them, which is admirably good in burning fevers, and againſt the exceſſive heat of the ſtomach, and when it is eaten it is very good for the ſtomach and liver; when it is boil'd it looſes its opening vertue.

Thoſe who have cold ſtomachs ſhould not eat it without pepper, raiſins of the ſun or boil'd wine be added; it is eaten with mint, rochet, tarragon and other hot herbs.

The leaves of ſuccory are applied outwardly to tumours, ulcers and inflammations.

The decoction of ſuccory drank as an apozeme, is good in the jaundice, or heat of the liver.

The juice of it alſo being drank for two days faſting, ſtops the ſpitting of blood; ſuccory pounded and put under the left nipple eaſes the heart-ache.

To make all Sorts of SUGAR PUFFS.

Pound ſugar, ſift it through a fine ſieve; then make it up into a paſte with gum dragon, well ſteep'd in orange-flower-water; beat it in a mortar, ſquirt it and bake it in a cool oven.

You may colour them red with carmine; yellow with gamboge, *&c.* ſteep'd in gum water; blue with powder blue; and green with yellow and blue mix'd.

Sugar the papers well before the puffs be ſquirted on them, and lay them on tin plates.

To SUGAR *all Sorts of ſmall* FRUIT.

Beat the white of an egg or two very well, dip the fruit in it, lay it on a cloth, that it may not wet; then roll the fruit in ſugar finely ſifted, till it is quite covered with ſugar; lay it on a ſieve, ſet it in a ſtove or before a fire, that it may be well dry'd; this will keep for a week.

SURFEIT WATER.

Take proof ſpirits ſix quarts, water three quarts; balm, carduus, centaury, dragons, St. *John*'s wort, marigold flowers, mint, mugwort, rolemary and rue, of each a handful; roots of angelica, butter-bur, peony and ſcorzonera, of each three ounces and a half; angelica ſeeds, calamus aromaticus, carraways and galangal, of each five drams; ginger three drams, red poppy flowers a handful and a half; macerate, diſtil and ſweeten with three quarters of a pound of fine ſugar.

Another Way.

Put ſix quarts of brandy in a large glaſs bottle, in which put to infuſe two pecks of red poppy leaves, half a pound of raiſins of the ſun ſton'd, a ſtick of liquorice ſlic'd, two ounces of carraway ſeeds bruis'd, angelica, ſweet marjoram, red ſage, dragons, mint and balm, of each a handful; ſtop the glaſs

glaſs or earthen veſſel cloſe, and let them ſtand infuſing for nine days, being ſet in a cellar or other cool place; then ſtrain it off upon three quarters of a pound of fine ſugar, and botttle it.

POPPY *Water for a* SURFEIT.

Take five gallons of ſtrong ale wort when it is cool, work it with yeaſt, and add as many red poppies, as the wort will well wet, ſo that it may be ſtirr'd every day; let the poppies infuſe in this wort three days, and draw it off with an alembick as quick as you can till the whole is diſtill'd off; mix the ſmall and ſtrong together, and take a glaſs of it at any time, either with or without ſugar, after a full and diſguſting meal.

This will not be ſtronger than a ſimple water; but has been the only cordial of an infirm lady, who had uſed it ever ſince ſhe was 15, and lived to the age of 97.

Another for a SURFEIT

Boil a handful either of freſh or dry poppies in ale, with an ounce of dry carraway ſeeds bruiſed; ſweeten it and drink a large draught.

If the ſtomach diſcharges it, drink another draught, repeating it till it ſtays, and ſleep upon it.

A Rich SURFEIT *Cordial Water.*

Take two pounds of freſh poppies and infuſe them in two quarts of brandy, add to it a quarter of a pound of dates ſliced, and as many figs ſliced, half a pound of raiſins ſton'd, angelica and carraway ſeeds bruiſed, of each half an ounce; mace, cinnamon, cloves and nutmegs, of each half a quarter of an ounce; marigold flowers and balm, of each half a handful; ſugar candy half a pound; hot angelica and cold, of each half a pint; let all theſe infuſe for a month, ſtirring them every day, and it will be beſt if you have a conveniency to ſet it in the ſun.

SWALLOW-WORT.

The roots of it are excellent againſt poiſon: The juice being drank is very good againſt the bites of venomous creatures. The decoction with *Carduus Benedictus* taken to the weight

of a dram and an half for eleven days, is a ſovereign remedy for thoſe who have been bit by a mad dog; it being taken daily in wine, it is a preſervative againſt the plague: In ſhort the roots are ſudorifick, and provoke womens menſes.

SWEET-BROOM.

Matthiolus affirms that the water in which *Sweet-broom* has been boiled, being drank warm three hours before meals, morning and evening to the weight of five ounces for the ſpace of 30 days will break and diſſolve the ſtone in the bladder, and bring it away.

But he adds, that the patient afterwards muſt bathe in a decoction of *Sweet-broom*, and that while he is in the bath, he muſt ſit upon the boil'd broom, and that this bathing muſt be often repeated.

He affirms, that he knew ſeveral who have been cured of the ſtone by following this regimen; and that ſmall pieces of ſtone have come away from them through the yard, by uſing only the decoction.

The SWELLING *under the* THROAT *in Swine.*

This diſeaſe appears ſomewhat like the ſwelling of the *Kernels*, called the *Kernels in Swine*, (which ſee.)

The moſt preſent remedy is to open the ſwell'd parts when they are ripe, with a penknife or lancet that is not ruſty; and there will iſſue out a great deal of fetid matter of a greeniſh or yellowiſh colour; then waſh the part with freſh human urine, and dreſs the wound with hogs lard.

SWINE are uſeful and profitable creatures, which chiefly conſiſt in theſe three things.

1. For the raaf bacon.
2. For the ſpit, pork, ſouce, *&c.*
3. For breeding pigs.

In the choice of them, the buyer ought to have a particular regard to the boars and ſows which are deſign'd for breeders.

They ought to be ſuch as are of long and large bodies, deep ſided, and deep bellied, have thick thighs and ſhort legs; for notwithſtanding long legg'd ſwine make a good appearance, yet they deceive the eye, and are not profitable to the butcher.

They

They ſhould have high claws, a thick neck, a ſhort groin and ſnout, and a good thick chine, well ſet with ſtrong briſtles.

As for the colour of the ſwine, that is the beſt that is intire, as all white, or all ſanded, and the pied are the worſt and moſt liable to the meaſles; black ones are tolerable.

As for the ſoundneſs of ſwine; to know that, if his tail be wrinkled, it is a ſign of ſoundneſs: Pluck the briſtles on the back, and if there be blood at the end of them, the hog is not ſound or in health: If you ſuſpect the meaſles, look under his tongue, and you may be ſatisfied by the kernels.

All ſuch as are not deſign'd for breeding, are to be gelded; the males for making bacon and pork; and the females alſo that are called ſpayed gelts or guelts, one of which is eſteem'd worth two hogs.

The young ſhort ſwine of three quarters of a year are reckoned the daintieſt pork.

As for their feeding.

When you do not deſign to fatten them; but keep them in good plight, feed them with draff, pulſe and other garbage with ſwillings in their troughs; then drive them to graze in the fields. For which ſoft, marſhy and mooriſh grounds are the beſt, where they may get the roots of ſedge, reeds, ruſhes, knot-graſs and the like, that are good and wholſome for them.

Fallow fields alſo afford them good ſtore of worms and roots that are good for them; and at the fall of the leaf, they may be driven to hedges, where they find haws, ſlows, wild plums, crabs, nuts, *&c.*

Likewiſe acorns may be gathered in their ſeaſon, kept in ciſterns or fats all the winter, which are very good to mix among their waſh; and when they come home at night feed them again as in the morning, and ſtye them up.

But eſpecially in woody countries ſwine may be fattened either for bacon or pork, by turning them into thoſe places, where there is ſtore of maſt for ſix or eight days; and after they have well fatted and fleſhed themſelves; then take them home again, and ſty them up, feed them with peaſe for about a fortnight, giving them once a day, and a little at a time, with as much water as they will drink, by which means their fat and fleſh will be ſo hardened; that when it is boil'd it will not waſte.

But as for thoſe who dwell in champion countries, and at a diſtance from woods, ſwine muſt be ſtyed up, and there kept till they are fattened, not letting them come out.

For

For the firſt two days give them nothing at all; but early on the morning on the third day, give them a good quantity of peaſe and beans, and at four a clock in the afternoon and at night a like quantity each time; but no water all day.

Do the ſame the fourth day; and if you have it, give them their bellies full of ſweet hay twice or three times a week; but by no means ſcant them of their proviſion of peaſe; and by this management they will be fat enough to be kill'd in four or five weeks.

As for ſuch as keep ſwine, who live near cities or towns, where no ſtore of maſt or grain is eaſily had; fly up ſuch as you deſign to fatten; you may procure grains, hard ſkins, kells, lumps of fleſh, offal, &c. of rendered tallow that will not melt, and mixing this with their waſh, give it them 3 or 4 times a day, and this will ſoon puff them up with fatneſs; and then to harden the fleſh, allow every hog a buſhel of dry peaſe, and this will make them fit for killing.

But that they may not ſcour by this feeding; give the older ſwine milk and verjuice, and to young pigs verjuice alone.

If a hog is to be fed for lard, or boar for brawn, feed them the firſt week with barley ſodden till it break. Then feed them with raw malt from the floor, before it is dry'd, till they are fat enough, and a week after let them have dry peaſe and beans to harden their fleſh; and give them good ſtore of waſhing of hogſheads, ale barrels and ſweet hay to drink.

They ought not to be ſuffered to feed on human ordure, or the dung of pigeons or poultry; nor on carrion, dead fleſh and garbage; for it will in time bring them to eat their quick, even their own pigs, and children too.

And if they be kept hungry, it will put them to this as to raven upon fowls, ducks, pigs; likewiſe take care that no fiſh or ſoap water be put into their waſh, or muſtard, all which will breed the meaſles.

Rules to know when SWINE *are in* HEALTH.

It is obſervable that all ſwine while they are in health curl their tails, for which reaſon the beſt ſwineherds will not by any means ſuffer them to be blooded in that part, but in their ears, and about the neck, when bleeding is neceſſary.

Swine are very ſubject to fevers, which they ſhew by hanging their heads, and turning them on one ſide, running on

on a ſudden, and ſtopping ſhort; which is commonly if not always attended with a giddineſs, which cauſes them to drop down and die, if not timely prevented.

When this diſtemper is obſerved to be upon them, it muſt be ſtrictly obſerved which ſide their heads turn to, and they muſt be bled in the ear, or the neck on the contrary ſide.

Some adviſe to bleed them likewiſe under the tail, about two inches below the rump.

It is very certain that this giddineſs, or as it was by ſome called the ſtaggers in a hog, proceeds from too great a quantity of blood, in that it appears, that if they are bled in time they will certainly recover.

In bleeding hogs in the tail, a large vein may be perceiv'd to riſe above the reſt. The old farmers us'd to beat this vein with a little ſtick, to make it riſe and ſwell, and then to open it length-ways with a fleam or ſhort penknife; and after they have taken away a ſufficient quantity of blood, as ten ounces from a hog about 14 ſtone; or 15 or 16 from a hog of 25 and upwards: They bind up the orifice with baſt taken from a freſh matt, or with a ſlip taken from the inner bark of the lime- or the inner rind of the willow bark or the elm.

Keep the hog in the houſe for a day or two after bleeding and give it barley meal mix'd with warm water, and ſuffer it not to drink any thing but what is warm; but chiefly water without any mixture.

Some give half an ounce of the bark of oak finely powdered daily in paſte made of barley meal

The Sleeping Evil in SWINE.

The immediate remedy is to keep the hog faſting 24 hours, cloſely pinn'd up in his ſtye, and to give him when he comes to his appetite a good doſe of the juice of ſtone-crop in warm waſh or ſwill, which will immediately cauſe him to vomit and cure him of the diſtemper and when the vomiting is over, give him ſodden beans or peaſe ſomewhat warm.

SYCOMORE WINE.

Let the ſycomore liquor be freſh drawn from the tree, which may be done in *January* and boil'd for a quarter of an hour, and to every gallon allow two pounds of the fineſt powder ſugar. Then boil it for half an hour longer, ſcum-

ming

ming it clean as it riſes ;then take it off and ſet it by till it is almoſt cold, then ferment it with yeaſt, after the ſame manner as is directed for birch wine : let it ſtand till it is white over, ſtirring it twice a day (*viz.* for three or four days) then fume the barrel with a rag dipp'd in brimſtone, and when you put it in, put in alſo a pound of *Malaga* raiſins clean pick'd and ſhred, or a pound of loaf ſugar, and the whites of two eggs ; ſtop it up cloſe, let it ſtand till it is perfectly fine, and then bottle it.

After this wine has ſtood ſome time upon the raiſins, rack it off into a clean caſk, and fine it down with iſinglaſs as is directed in making of birch wine, if it be not then clear

SYLLABUB.

Put a ſprig of roſemary and ſome grated nutmegs, the juice of a lemon and ſome of the peel with ſugar into a pint of canary or white wine into a pot, cover it cloſe, and let it ſtand all night ; in the morning take a pint of cream, and a pint and a half of new milk ; and having taken out the lemon peel,roſemary and nutmeg; ſquirt the milk and cream into the pot with a wooden-cow, as it is called by ſome.

To make a whipt SYLLBUB.

Put a pint of *Rheniſh* or white wine into a quart of cream with the whites of ſix eggs ; ſweeten it with ſugar, and beat it as you do ſnow cream with a whiſk ; take off the froth as it riſes and put it into the pot, doing this till it is all beaten into a froth ; amd let ſtand two or three hours till it ſettles, and it will eat delicately.

Another Way.

Boil a quart of cream, let it ſtand till it is cold ; then having pared a lemon, then ſteep the peel in a pint of white wine for two hours before you uſe it, and ſweeten it with ſugar.

Mix all together into a baſon, and whiſk it all one way, till it is pretty thick ; fill glaſſes with it and keep it a day or two before you uſe it.

If you would have it perfumed you may put in a grain or two of ambergreaſe.

It will keep good 3 or 4 days, eſpecially if you add more cream, or put in leſs wine.

TAMA-

T

TAMARINDS are cooling and aſtringent; and are uſed in continual fevers, to calm the too violent motion of the humours; they are alſo given in bolus's and decoctions in a looſeneſs.

TANSEY is recommended for the diſſipating of wind in the ſtomach and belly, and the ſeed is eſteem'd good for worms, and being pounded and mix'd with oil, is a ſovereign remedy for pains and ſwellings in the nerves.

Its juice mix'd with the oil of roſes is good in intermitting fevers. The ſame drank in wine is good to diſſolve the ſtone; and for pains in the bladder when perſons cannot make water but by drops; but 'tis ſaid it is not to be us'd by women. The root being comfited with honey gives eaſe in the gout in the feet.

A TANSEY.

Take ſpinage, and having waſh'd it well, dry it before you ſtamp it, ſtrain it and pour a pint of juice to a pint of milk and a pint of cream; beat the yolks of 16 eggs and the whites of eight, with a little ſalt, ſtrain them into the milk and juice, *&c.* adding a pint of grated bread or biſcuit; ſweeten it to your taſte; grate in a nutmeg; ſet it over the fire till it becomes as thick as a haſty pudding; butter a diſh and ſet it into a gentle oven for half an hour and it will be done.

TAPESTRY, *to clean.*

Firſt ſhake and clean it well, by rubbing it over with chalk, then with a hard bruſh rub out the chalk aftet it has lain on for 7 or 8 hours, and then do it over again with chalk, and let it lie on as long as before, then bruſh it off the ſecond time; this will recover its former beauty.

TARNISH *of Gold and Silver Lace, to take off.*

Take the gall of an ox, and alſo that of a pike; mix them together in ſome fair water, and with theſe waſh and rub over the lace, and it will bring it to its former beauty.

TARRA-

TARRAGON is bitter and pricking in taſte, hot in quality, and a little aſtringent, and has the vertues of *Arum*.

The ſmell of the herb or root, is ſaid to make women miſcarry.

The juice of the root is good for diſtempers of the eyes; being taken in wine it drives diſtempers from the heart; it purges the entrails, ſubtilizes the groſs humours, and opens a paſſage for them, tho' it does not purge.

A good CRUST *for* TARTS.

Beat ſix eggs well, put to them ſix ſpoonfuls of cold water, then break in two pound of butter, and while you are working it all together, let ſome flour be ſhaken in and work it together; ſtill ſtrewing in the flour, till it is a pretty ſtiff paſte; then roll it out for tarts; it will keep criſper and longer than puff cruſt for moſt uſes.

To preſerve the TEETH.

Drink nothing that is either too hot or too cold, eat not much milk meats, ſugared things, fat, turneps, leeks and vinegar.

Waſh them in a morning with a decoction of the roots of *Tithymala*, or with wine wherein the leaves of provence roſes have been boil'd, or the leaves of ſage or lemon peel: Or elſe rub the teeth with the aſhes of tobacco or burnt allum, mixt with a little honey; or with coral, dry'd bone or pumice ſtone reduc'd to powder; or with common ſalt or ſal gemmæ.

To prevent the looſing the TEETH.

Pound tobacco roots well in a mortar, ſteep a linnen cloth in the juice that comes from the roots, and rub the teeth and gums therewith. You may alſo put leaf tobacco into any hollow, after it has been a little bruis'd between your hands.

To faſten looſe TEETH.

Waſh your mouth with a decoction of the green leaves of a plum tree, or roſemary boil'd in thick wine vinegar very hot, and repeat it often.

To faſten the TEETH, *and preſerve the Gums.*

Take one dram of alum, two drams of bole armoniac, and half a dram of myrrh; reduce them to a fine powder put into a pint of claret in a glaſs bottle; ſtir it ſometimes, and waſh the teeth with it daily.

To cloſe up the Gums and TEETH *that are looſe.*

Calcine earth-woms and rub the teeth with the powder, or dry a calf's liver in an oven, reduce it to powder, adding an equal quantity of honey to it, and bring the whole into the conſiſtence of an opiate.

To clean the TEETH, *and bring on the Fleſh.*

Take dragons blood, cinnamon and alum calcin'd; reduce all into a fine powder, and rub the teeth with it every other day.

To whiten the TEETH.

Dip a bit of cloth into ſome vinegar of ſquils, and rub the teeth and gums with it; for beſides the whitening of them, it will alſo faſten and ſtrengthen the roots, and ſweeten the breath.

To help Children to breed their TEETH.

Take the brains of a hare, that has either been boil'd or roaſted, and mix the brains with honey and butter, and rub the child's gums frequently with this mixture.

Another.

Cut off a bit of a cock's comb with a pair of ſcizzars, and rub the child's gums once or twice with the blood that iſſues out. This is an approv'd remedy.

A Waſh for the TEETH.

Put half an ounce of bole armoniac, a quarter of an ounce of myrrh, half a dram of alum, five grains of ſalt of vitriol, half an ounce of *Hungary* water, and an ounce of honey of roſes into a pint of claret; ſet the bottle in the warm ſun

or near the fire for three days; then let it ſtand to ſettle, and pour a ſpoonful of it into a tea cup of water, and waſh your teeth with it. It will both preſerve them ſound and make them white.

For cleanſing very foul, ſpotted TEETH.

Firſt ſharpen a ſkewer at one end, and wind a bit of fine rag about it, tying it on hard, dip this in ſpirit of ſalt; then take it out, and immediately dip it into a cup of fair water, in which hold it for a moment: with this rag wetted with the greateſt care rub the teeth; but by no means touching either lips or gums; have a cup of cold water by ready to waſh your mouth, that the rag has not been dipp'd in: By this means you may make any furr'd teeth white as ſnow, but it muſt not be us'd too often nor without the greateſt care; and when the teeth are got once clean, the foregoing claret waſh will be ſufficient to keep them ſo.

For the Scurvy in the TEETH.

Heat a piece of ſteel red hot, and quench it half a ſcore times in white wine vinegar, as faſt as you can heat it; then add to the quantity of a half a pint a quarter of an ounce of myrrh in powder. and a dram or two of maſtick in powder; with this waſh the teeth three times a day or oftener.

To boil TENCH.

Take tench freſh from the ponds, gut them, ſcale them clean, then put them into a ſtew-pan with as much water as will juſt cover them, a little ſalt, whole pepper and lemon peel, a few cloves, a bunch of ſweet herbs and a ſtick of horſe-radiſh; let them boil till they are tender and when they are enough, take out ſome of the liquor with which mix a glaſs of white wine and a little lemon juice or ver-juice, and an anchovy ſhred.

Boil it a few minutes and thicken it with butter rubb'd in flour, and with the ſauce toſs up a pint of ſhrimps; pour this over the fiſh.

Garniſh with fry'd bread cut in the lengths of a finger, ſlices of lemon and horſe-radiſh ſcrap'd, and pickled muſh-rooms if you pleaſe, or you may toſs up ſome of them in the ſauce.

To bake TENCH.

Let the tench be freſh from the pond, gut and ſcale them clean; then kill them by giving them a hard ſtroke on the back part of the head, or elſe they will live for ſeveral hours, and even jump out of the pan in the oven; when they are half enough lay them in a pan with ſome ſtrong gravy, muſhroom katchup, half a pint of white wine and as much of pickled muſhrooms, ſome ſalt, pepper, cloves and nutmeg, a bunch of ſweet herbs and lemon peel, two or three ſlices of fat bacon, an anchovy or two, and three or four large ſhalots; lay ſome bits of butter upon the fiſh, cover all as cloſe as you can, and let them have an hours baking.

When they are bak'd lay them in a hot diſh, and pour off the liquor and ſtrain it, only preſerving the muſhrooms; then add a ſpoonful of lemon juice and thicken the ſauce with the yolks of four eggs, beaten with cream and mixt by degrees with the ſauce.

Pour this over the fiſh, garniſh with beet roots ſlic'd, lemon ſlic'd and horſe radiſh ſcrap'd, and ſerve it up hot.

TERRINE, is a *French* diſh, ſo call'd from *Terrine*, which ſignifies an earthen pan; it is made of half a dozen of quails, four young pigeons and a couple of chickens, and a breaſt of mutton cut to pieces; bake or ſtew them in an earthen pan between two gentle fires, with bards of bacon at the bottom to keep them from burning, or young ſtreak'd bacon cut into pieces; then draining off the fat put ſome good veal gravy in its place, and add ſome boil'd lettuce, a little green peas ſoup, green peas or aſparagus tops.

Stew all again together for ſome time, and clear it well from the fat before it is ſerv'd up.

TETTERS.

For the cure: Take 24 grains of paradiſe, an ounce of cloves, and a dram of camphire, with a little gum adragant, and as much live ſulphur and hog's lard as you think convenient; pound them all well together, reducing them to powder; then make an ointment with a little of the lard and anoint the tetter with it.

2. Take about two pennyworth of virgins wax, and an ounce of oil of ſweet almonds, and ſome venice turpentine reduc'd into an ointment by way of lotion in roſe water; melt the wax over a chaffing diſh, and then put in the other

ingredients; take it off the fire and beat all together till it attains to the conſiſtence of an unguent; then put it up and keep it for uſe.

For inflamed TETTERS.

Pound water creſſes with common ſalt, and apply it to the tetters.

2. Take a piece of haſle-wood, light it at one end, and put it all in a flame to a pewter plate, leaning a little to one ſide, and a dark red oil will run from it, with which rub the tetters.

3. Mix the powder of *Algeroc* with a pomatum of either orange or jeſſamin flowers, or roſe ointment, and rub it on the tetters.

For mealy TETTERS.

1. Put a piece of freſh butter about the ſize of an egg, into a pewter diſh, and the ſame quantity of black pitch, incorporate both together; put it up in an earthen pot and apply it every evening.

2. Steep a new laid egg in the ſhell in a glaſs of good vinegar, and a ſcum will appear on the ſurface of the vinegar, with which rub the tetter.

For TETTERS *in the Face.*

Rub them often with vinegar, in which a new laid egg has been ſteep'd ſo long till the ſhell is entirely diſſolv'd.

Holy THISTLE or *Carduus Benedictus*, has no leſs vertues againſt the plague and all ſorts of poiſons than angelica, whether taken inwardly or outwardly.

Three ounces of the water of *Carduus benedictus*, or about a dram of its ſeeds reduc'd to powder will cure a quartan or any other ague that begins with a cold fit,

The ſeed being boil'd in wine is good for pleuriſies and epilepſies in young children. The decoction is good to allay all pains of the kidnies and the cholick, to kill worms and to promote ſweating,

This plant whether dry or green, taken inwardly and applied outwardly, is good for malignant ulcers.

The Hundred Headed THISTLE.

Wine in which the roots of this plant has been boil'd, will remove the retention of urine, force away gravel; is good in dropſies, epilepſies and jaundice. The decoction of its roots is admirable in the head-ache.

THOROUGH-WAX.

The decoction of this plant being drank in wine is good in ruptures, and the falling down of the guts. It being applied plaiſterwiſe is good for the king's evil. A water diſtill'd from it as well as the herb, allays all ſorts of inflammations.

For a THRUSH, SORE MOUTH, *or* CANKER.

Take red ſage, red fennel, plantain, rue and woodbine, of each half a handful; two ounces of alum; ſhred the herbs, powder the alum, and heat all in a clean ſhovel, ſtirring them continually; and when they ſeem to be freed from all their moiſture and well mix'd, ſpread them on a paper to cool; then pound them to a fine powder, ſift it and uſe it dry or mixt with hony.

THUNDER *and Lightening.*

Nothing is more injurious to ale and malt drinks than thunder and lightening, for the following reaſons.

1. Becauſe of the rarefaction of the air at the ſame time; for the air contain'd in the drink, will always be in equilibrio with the external air in gravity and levity, and this rarefaction of the contained air makes the drink thick and muddy, by the riſing up and mixture of its dregs with it.

2. By reaſon of the great quantity of ſulphur mixt with the air, which is the real cauſe of thunder; for before it begins to thunder, one or more places of the heavens is intercepted from the ſight by white clouds, and the ſun ſhining among them or upon them, they reflect back the heat upon the earth like burning glaſſes; and this ſultry heat rarefies the ſulphur on the ſurface of the earth, and cauſes it to mount up into the air in great quantities.

3. The tremulous motion of the earth and air, caus'd by thunder, ſhakes the veſſel in which the drink is, raiſes up

the mother, and mixes it with the drink, and turns it firſt thick and vapid, and then ſour and alegar.

A common remedy againſt this diſaſter is to lay a bar of iron over the caſk, or to put ſome pieces of iron into it. But whether this avails much I ſhall not determine; but the ſurer remedy is to keep the barrel cloſe ſtopt up in a deep dark cool cellar: Or it will be better to put in a little alcalous ſalts, or to dip a thick canvaſs cloth in a ſtrong brine, and to lay it over, or wrap it round the veſſel.

1. Becauſe alcalous ſalts breed air, as acids abſorb it.
2. Becauſe all ſalts attract and imbibe ſulphur.

Sulphur diminiſhes or fixes the airs elaſticity, by the ſtrong attraction of its particles.

THYME.

A decoction of this in water, and ſweetened with hony is good for ſevere coughs and ſhortneſs of breath; it provokes urine; is good to bring away the after-burden, and diſſolves clotted blood in the body.

Three drams of it reduc'd to a powder, and taken in the ſpirit of vinegar with a little ſalt, is good to purge away thick flegm and ſharp bilious humours.

A cataplaſm made of thyme boil'd in wine, is good for the ſciatica, and the ventoſity of the belly and womb.

The ſmell of thyme is excellent for thoſe that are ſubject to the falling ſickneſs.

To pickle and dry SHEEP *or* HOGS TONGUES.

Cut the fleſhy part of the bottom of the tongues lengthways, and you will find towards the root an artery, which as ſoon as it is cut will bleed, and joining to that is a kind of ſweet-bread; take this out as clean as you can without diſfiguring the tongue, or elſe the tongue will have an ungrateful ſmell and putrify.

After you have trimm'd them, waſh them well in ſalt and water; then ſalt them with common ſalt well dry'd in an iron kettle, adding half an ounce of ſalt-petre or nitre well powdered and mixt to a pound of ſalt.

Rub them well with this ſeaſoning, and lay them cloſe together in an earthen pan well glaz'd, or tub; let them lie ſome days, and when they are ſalted enough tie them by the tops by half dozens, and hang them up in a chimney where deal

deal ſaw duſt is burnt, till they are ſmoked enough to be cured for boiling; then boil them in their bunches, and let them dry either for uſe or ſale. Or you may do them a quicker way as follows.

Make a brine or pickle of water and common ſalt, boil'd till it will bear an egg; then for every pound of ſalt add half an ounce of nitre or ſalt-petre, and when the pickle is cold put in the tongues and dry them as before; except you have a *Smoking-Cloſet* (which ſee) which will be beſt.

For the TOOTH-ACHE.

1. Boil ſome creſſes in ſtrong vinegar, till they become ſoft and pliable; then work them in your hand into the ſhape of a ſmall ſpoon, which put to the tooth, changing it often, and this will bring away flegm, which will cure the pain.

2. Put a drop of the eſſence of clove into the aking tooth; or a drop of the eſſence of thyme will have the ſame effect; the root of pellitory applied to the tooth will bring away ſome watery humour, which will very much relieve the part.

3. Take the crumb of bread, and making a poultice of it apply it to the cheek.

4. Take roots of the ſtinging red nettle, and of the ſmall red and pricking nettle, and apply it to the aking tooth, and it will relieve the pain.

5. Diſſolve a bit of camphire in ſpirit of wine, which will ſwim on the top of the ſpirit like oil; apply ſome drops of this to the tooth, and it will cure the pain.

TOOTH-ACHE, *to give certain Eaſe.*

Take *French* flies, Mithridate, and a few drops of vinegar; beat this to a paſte and lay a plaiſter on the cheek-bone, or behind the ear; it will draw a bliſter but rarely fails to cure.

TREACLE WATER.

Mix treacle, vinegar and brandy, of each equal quantities and diſtil them.

This water is very good for ulcers and eroſions in the mouth, eſpecially if you diſſolve a little bole armoniac therein.

Another of the Same.

Take old treacle, two pounds of the roots of elecampane, cyprus, gentian and tormentil, of each two ounces; of the conſerve of bugloſs, borage and roſemary, of each two ounces; ſteep the whole in three quarts of white wine, and a pint and half of ciſtern water, and a quart of diſtill'd roſe-water.

Meadow TREFOIL.

The juice of this plant is very good for dimneſs of the eyes, wounds, *&c.* The decoction of the plant being drank ſtops the whites in women; the ſeed and the flower being boiled in water and put into a plaiſter, mollifies impoſthumes.

The TREMOUR *or* SHAKING *in Swine.*

This diſtemper is by, the country people often taken for the ſtaggers, and ſeems to be much the ſame; but ſome account it to be rather an *Ague in an Hog*, for which they preſcribe the following remedy, which is accounted ſucceſsful in either diſtemper.

Firſt bleed the hog in the tail.

Boil hyſſop and mallows, both ſtalks and leaves, a handful of each in three pints of milk till the decoction has received the vertue of the herbs; ſtrain the decoction through a ſieve, and add to it two ſpoonfuls of madder and ſlic'd liquorice and anniſeeds of each an ounce. Give this medicine to the hog two mornings ſucceſſively.

TRINITY *or Hearts-Eaſe.*

A water diſtill'd from the leaves of this plant is excellent for diſtempers proceeding from cold cauſes; it is ſaid, that if the herb be eaten by thoſe that have a quartan ague, it will cure them.

The leaves being chopt very ſmall, and put into a vial full of oil of roſes, and expos'd for ſome days in the ſun in the ſummer time, is good for ſciatica's, gouts, difficulty of making water, ſtone and gravel, being us'd inwardly and outwardly.

To make a TRIPLE.

Boil a quart of cream, ſet it by till it is almoſt cold, ſweeten it, and put it in the baſon you would eat it from, put to it two ſpoonfuls of rennet; let it ſtand till it comes like cheeſe; you may, if you pleaſe, perfume it; or put orange-flower-water into it.

A FRICASSEE *of Sheep's* TROTTERS.

Firſt cleanſe them very well from the hair, and then waſh them in vinegar and water; then take out the bones and boil them in ſalt and water, with a little lemon peel, and when they are hot give them either of the following ſauces.

For a white ſauce take white wine, with a little ſalt, a few ſweet herbs, ſome whole pepper, a little lemon peel, a bit of horſe-radiſh, and a ſhalot.

When it is ſtrong enough reliſh'd, then ſtrain it off and take a little of it, and mix it with butter to thicken it; or about half a pint of cream, which is better; pour this over the trotters with a few capers, and ſerve it up with ſlices of lemon.

A Brown Fricaſſey of TROTTERS.

Dreſs them as before, and when they are fit for ſauce, make ſome hogs lard very hot in a pan, and then put in the trotters, being well covered with flour; and when they are enough pour over them a ſauce made of gravy, claret and muſhrooms; thicken with burnt butter.

Serve it up garniſh'd with ſlices of lemon, pickled barberries; ſome raſpings of bread ſifted and toaſted before the fire.

To broil TROUTS.

Prepare a ragoe with muſhrooms, truffles, fiſh roes and pikes livers fry'd brown; alſo an anchovy and ſome ſweet herbs and a few capers. Lay the trouts a ſoaking for ſome time, and afterwards ſerve them up with lemon juice.

2. You may bread them, having cut them in pieces, firſt ſteep'd in a good marinade for an hour, that they may take the whole reliſh; then broil them over a gentle fire, ſprinkle them with lemon juice.

Another Way to dreſs TROUTS.

Gut two or three trouts at the gills, ſcrape them, wipe them and lay them on a dreſſer, and paſs a red hot fire ſhovel gently over them; but ſo as not to touch them, and repeat this from time to time; when they have by this means been well hardened, lard them with ſmall ſlips of bacon in rows, then lay thin ſlices of bacon in the bottom of an oval ſtew-pan; lay the larded trouts in order upon them, and kindle a little fire underneath, and put ſome live coals on the top of a cover, to give the fiſh a fine colour; you muſt alſo ſtir them ſeveral times leſt they ſhould ſtick to the bottom.

When they are well coloured take away all the bacon, ſoak the trouts in good gravy, with a little wine and an onion ſtuck with cloves; ſtew all gently together, and ſeaſon in the ſame pan; when they are almoſt enough, and a little ſauce is left, put muſhrooms, truffles and all ſorts of garniture into a little gammon eſſence in order to make a well ſeaſoned and ſomewhat thick ragoe; then dreſs the trouts in a large diſh, either of an oval or round figure; drain off all the fat and pour the ragoe round about. You may garniſh the diſh with artichoke bottoms, andouillets or ſmall trout collops, larded and ordered like thoſe of ſoles.

TROUT CREAM.

Procure three or four long baſkets, made in the form of a fiſh, ſweeten two quarts of new milk, and a quart of cream, and adding a little orange-flower-water, make it as warm as milk from the cow; put in alſo two ſpoonfuls of rennet, ſtir it and cover it cloſe, and when it is come like a cheeſe, wet the baſkets and ſet them hollow, lay the cheeſe into them without breaking the curd; as it wheys and ſinks fill them up till you have put all in.

When you ſerve it up turn the baſkets on the plates, and give them a knock with your hand, and they will come out in the form of a fiſh; Whip the cream and lay about them.

To pot TROUTS.

Scale and clean your fiſh very well, waſh them in vinegar and ſlit them down the back, putting ſalt and pepper into the ſlit and on the outſides; then lay them in a diſh for three hours, and after that in an earthen glaz'd pan with pieces of butter

butter upon them; then ſet them in an oven for two hours, if the trouts be of 14 inches long, tying a paper over the pan.

When they come out of the oven take them out of the liquor and put them in a pot, and as ſoon as they are quite cold pour clarified butter over them.

You may, if you pleaſe, bone them, when you ſplit their backs.

To make a TROUT *Pye.*

Scale the trouts, cut them, lard them with fleſh of eels; ſeaſon with pepper, ſalt, cloves, nutmeg, a bay leaf and ſweet herbs, with butter; add muſhrooms, artichoke bottoms, capers, oiſters, and the roes of fiſh; make the pye in the uſual manner, and when you are a going to ſerve it up to table, ſqueeze in ſome lemon juice.

To broil TRUFFLES.

Let the truffles be freſh, waſh them well and cut off the rough coat on the outſide; ſome of them will be as large as ones fiſt, and they are the beſt for this purpoſe; but be they of any ſize, as ſoon as the coat is cut off, cut them thro' a little more than half way, and put pepper and ſalt into the opening, and cloſe it again; then wrap up each truffle cloſe in wet paper, ard broil them over a gentle fire of wood embers, till you judge they are enough, which will be as ſoon as they be very hot quite through; turn them as there is occaſion, that they may be done equally in all parts, and then ſerve them to the table in a folded napkin.

To Stew TRUFFLES *in Wine.*

The truffles muſt be peel'd from the rough coat on the outſide, and well waſh'd; then cut them into ſlices and ſtew them in white wine or claret, which you pleaſe, with ſalt, pepper, and a bay leaf; or inſtead of that *Jamaica* pepper, and ſerve them up.

White wine for this uſe is generally produc'd.

To Stew TRUFFLES *another Way.*

Peel them and waſh them, and cut them into ſlices; after which fry them a little in a ſtew-pan with either butter or hogs lard, and a little wheat flour; then take them out and drain

drain them, and put them again into a ſtew-pan with gravy, a bunch of ſweet herbs, ſome ſalt, pepper, and nutmeg grated; and when they have ſtew'd a little in this, ſtrain the liquor and diſh them for the table, garniſh'd with ſlices of lemon.

Beſides this way they may be us'd in the ſame manner as fowls are ſtew'd or fricaſſy'd, with brown or white ſauces, after they have been ſoftened a little by boiling.

To dry TRUFFLES.

When you have gathered and waſh'd them, drain them well and lay them in a diſh, and dry them by degrees in a gentle oven; and when they are thoroughly dry, keep them in a dry place, and in a covered glaz'd earthen pot.

Of TUNNING *and Keeping* ALE.

When the ale or beer has work'd or fermented in an open vat, as long as is proper, tun it up into ſeaſoned veſſels, *i. e.* ſuch as have had ale or beer in them before; for if it be put up into new caſks, you muſt have made the drink ſtronger than ordinary, or it will not keep ſo long, becauſe the caſk will imbibe the ſpirits, and the reſt will ſoon become flat and vapid.

This, and not age, is the reaſon why brandy and all diſtill'd ſpirits after they have ſtood ſome time in a caſk, loſe their empyreuma or taſte of the fire or fiery hot tang; for the caſk abſorbs the more fierce, eager, and ſubtile parts of the ſpirits, will ſtick cloſe in the wood; hence the ſpirit becomes mild, the caſk on the other hand ſends forth its particles into the liquor, which give it its colour.

The caſk ſhould not only be ſeaſoned, but ſweet ſcented, in order to preſerve the liquor.

To ſweeten the veſſel, it muſt not be ſcalded at one time, and waſh'd at another with cold water; for ſcalding the veſſel does not ſo much waſh away the ſmell of the tilts and grounds as it attracts them, and ſtirs up the gummous, reſinous and oily parts of the wood in the internal ſurface; and as that finds ſomewhat to operate with, it acts, gives a ſudden ferment, and gives the liquor the taſte of the caſk.

It is beſt to tun ale juſt when it comes to a due fermentation, and gets a good head; for then it has the moſt ſtrength to clear it ſelf in the caſk, and what works over muſt be ſupply'd with freſh of the ſame brewing; and what works over

may

may be put into the ſmall beer; or the barm and the clear may be paſs'd through *Hippocrate*'s ſleeve.

It is an error to tun beer as it cools or begins to come, and ſo it is alſo to let it ſtand longer, till it be more ripe, for its ſpirits exhale, it weakens and becomes unfit for long keeping

When ale or beer is tunn'd, carry it while it works in the caſk into a good cellar or place proper to preſerve it; for if it be ſtirr'd after it has done working, it will be apt to grow ſtale, ſour, and become alegar, unleſs it be drawn out into another caſk.

A cool cellar under ground is the beſt place to preſerve it from light, heat, ſun, weather, thunder and lightening.

It is proper in cities or great towns, that the cellar be backwards from the ſtreet; that the motion and ſhaking of the earth by carts, waggons, coaches, *&c.* do not cauſe the ale to raiſe its mother, which ſpoils its tranſparency and fineneſs, and will be apt to turn it ſour.

If ale be tunn'd up into a new or unſeaſoned caſk, it will drink in the ſpirit from the mother or dregs, and impoveriſh the liquor, and will ever after be flat or vapid, and die or ſour ſoon after.

On the contrary, if new ale be tunn'd up in a caſk out of which brandy or wine was lately drawn, the liquor will imbibe the ſpirit from the caſk to it ſelf, and be much ſtronger, but it will have the flavour of the the brandy or wine.

TUNNY, is a ſea fiſh, it may be dreſs'd in ſlices or fillets, with poor mens ſauce.

It may alſo be dreſs'd in round ſlices, and ſerv'd up in a kind of marinade, which ſee.

They may alſo be broil'd on a gridiron, being firſt rubb'd and ſtrew'd with pepper and ſalt, and butter, to be eaten with orange and burnt butter.

They may alſo be bak,d in a pye, firſt chopping the fleſh ſmall and putting it into an earthen pan ſeaſon'd with ſalt and pepper; you may alſo add muſhrooms or cheſnuts, and capers.

You may garniſh the diſh with bread and oiſters fry'd, and ſlices of lemon.

A TUNNY *Pye.*

Cut the tunny into round ſlices, and dreſs it as uſual with oiſters, artichokes and other ſeaſoning ingredients; and a ſlice or two of green lemon; bake it in an oven moderately

derately hot, and when you ſerve it up, add ſome lemon juice, or a little vinegar.

To dreſs a TURBOT.

Make a court bouillon with vinegar, white wine, pepper, ſalt, cloves, thyme, onions, lemon and a bay leaf or two; adding a little water, and at laſt ſome milk to make it very white; then ſtew the turbot leiſurely in it over a gentle fire, and garniſh with parſley, lemon ſlices laid upon it, and if they be in ſeaſon, with violets.

Another Way.

Scale and waſh your turbot, put it into a large diſh, with thin ſlices of bacon, ſeaſon'd with melted lard, white wine, a bunch of ſweet herbs, bay leaves, ſalt, pepper, nutmeg, whole cloves, and green lemon, cover it with other bards, and bake it in a pot between two fires, or in an oven; when you ſerve it up, take away the bards of bacon, dreſs the turbot in a diſh, pour upon it a good ragoe of muſhrooms made of the ſaucc, and garniſh with ſlices of lemon.

To dreſs a TURBOT *or any Diſh of Fiſh.*

Put the fiſh to be boiled into a pint of vinegar, ſeaſoned with ſalt, pepper, onion, a faggot of thyme, marjoram and parſley, let it lie in theſe an hour; then put both pickle and fiſh into the fiſh-kettle of boiling water; adding a bit of horſe-radiſh, cloves, mace, and anchovies.

When they are enough, take them out and drain them; let the ground of the ſauce be half a pint of the ſeaſoned liquor in which they were boil'd, and the ſtrain'd liquor of a quart of oiſters, and half a pint of white wine, and the body of a large lobſter; adding to them a little more ſpice, a large anchovey, or two ſmall ones, and a little lemon peel.

Then ſtrain it, and to this quantity, add a pound and a half of butter; into one piece of which ſtrew as much flour as will make it of a fit thickneſs.

But remember that the oiſters muſt be firſt ſtewed, and the tail and claws of the lobſter cut in pieces, and both put into the ſauce to heat, when it is ready to be poured on the fiſh.

Garniſh with fry'd ſmelts, fry'd parſley, ſliced lemon and ſcraped horſe-radiſh, or with patties.

To boil TURBOT, *Flounders, Plaiſe, Pike, or Whitings, or a Cod's head.*

Gut and waſh the fiſh clean; ſkewer the tails of jacks or pikes in their mouths, ſo that they may lie in a round form, then put the fiſh on a fiſh plate, and ſo into the kettle, with juſt water enough to cover them; put into the water an onion ſtuck with cloves, whole pepper, mace, a bunch of ſweet herbs, and ſome horſe-radiſh, and half a lemon.

When the liquor boils, put in a little vinegar or verjuice; and when the fiſh is boil'd enough, ſet it before the fire to drain.

For the ſauce, if they are boiled ſingly, it may be the ſame as for SALMON (*which ſee,*) or elſe it way be melted butter and anchovies diſſolved in water over the fire, or ſome ſhrimps; or if you can get them ſome ſmall crabs

Take the inſides of the bodies of the crabs, and thicken the ſauce with them.

Or if you have cray fiſh, take the bodies of them and mix with your ſauce, and cut the tails in ſmall bits as big as peaſe.

A TURBOT *Pye.*

You may bake a turbot either in a round or oval diſh, or in a ſtanding pye after the uſual manner.

Firſt ſcald it, waſh it, cut off the tail, the end of the head and gills: Seaſon the pye with ſalt, pepper, cloves, nutmeg, young chibbols, ſweet herbs, and muſhrooms, adding ſweet butter and cover it with a lid; when it is half bak'd, pour in a glaſs of white wine.

And ſerve it up with lemon juice or verjuice.

TURKEYS.

Are fowls that at firſt require more trouble to bring up than common poultry, being tenderer than they are.

And to rear a few of them, will not turn to any great account, they being miſcheivous creatures in gardens and corn; they being great devourers.

If a great many be bred, ſo that it may be worth while for ſome lad or other perſon to conduct them into fields, or places where they may feed upon roots, vermine, herbs and wild fruits which are very agreeable food for them; they will

will turn to a good account when they are grown to their full growth.

In the choice of turkies for breeding, chuſe a cock not above two years old at moſt, and a large, ſtout, proud, majeſtical bird; for one that walks dejected, will never be a good treader; he ought alſo to be one that is of a kind loving diſpoſition to his chickens.

And as for the hen, ſhe will lay till ſhe be five years old and upwards; and if not prevented, ſhe will lay her eggs in ſecret places, for which reaſon ſhe ſhould be watch'd, be brought back to the hen-houſe, and compell'd to lay there.

As for their eggs to breed from, and their neſts, they are managed like common poultry. Turkey hens, will lay a dozen or fifteen eggs, and when they begin to keep to the neſt, it is a ſign they have a mind to ſit.

Fifteen eggs are allowed for their firſt brood, which is commonly in *March* or *April*, becauſe the cold weather is not then over; and eighteen for the ſecond brood, and they hatch in 25 days or a month at fartheſt, and during that time the eggs ought not to be touched.

Sitting turkey-hens muſt not want food; and becauſe they are ſo intent upon hatching their eggs, that though food was ſet before them, they would be apt to ſtarve themſelves, if they were not obliged to eat. They muſt be lifted gently off their eggs, and be ſet to eat; and this will give them alſo an opportunity to employ themſelves, and ſo hearten them to go thro' with their work.

When the brood is hatch'd they being tender, the utmoſt care is required to keep them from the cold, and therefore they ſhould have a warm place to be reared in, till they have gotten ſtrength, and then they may have the liberty to go up and down the yard, and enjoy the benefit of the ſun, whoſe heat cheriſhes and ſtrengthens them more than any thing; but great care muſt be taken not to permit them to be out in the rain, for nothing will make them take cold and kill them ſooner than rain.

They muſt alſo be handled very gently, preſently after they are hatch'd; and whenever you are oblig'd to take them from their dams, it muſt be done in ſuch a manner as if you did not ſtir them, for they are cruſh'd with a very ſmall motion,

They ſhould have meat given them four times a day, for they are great devourers, and if they are ſuffered to endure much hunger, they will ſoon be ſeized with pining that will end in death.

At firſt they are to be fed with hard eggs, and theſe chopp'd very ſmall.

Some uſe nothing but the yolks of theſe eggs which they mix'd with crumbs of white bread; both theſe foods being equally good; but they muſt have this about five or ſix days.

Some recommmend curds, or green freſh cheeſe cut into ſmall pieces as a proper food for them, and new milk and water, is a proper drink for them.

When they are ſix days old, begin to give them the leaves of nettles chopp'd ſmall with their hard eggs for ſix days more; and after that time give them no more eggs, but give them nettles well chopt and moiſtened with a little bran and curds, together with ſome barley meal and black wheat not ground ſmall, and to whet their appetite, throw a little millet or boil'd barley before them.

If you perceive them to pine, never ſo little, dip their bills in ſome wine, and make them drink a little of it.

It is an excellent thing to make them gather ſtrength.

Turkey hens of the ſame year are very good to breed; but thoſe of two years old are the beſt for this purpoſe; for they will both lay earlier and hatch their eggs ſooner, and will take more care of their young ones.

When you have ſeveral turkey hens who have laid their eggs, and hatch'd their brood, take the broods of three dams and put them under the conduct of one hen, and turn the two other hens to the cock, in order to have a ſecond brood.

Some as ſoon as the young of a turkey hen are out of their ſhells, take them all from her, and commit them to the care of another hen that has young ones at the ſame time, and then put another turkey or common hen's eggs under that hen, which ſhe will alſo hatch as ſhe had done her own; but if this be done it will be neceſſary to give her a toaſt in ſome wine, with ſome barley or oats, which muſt be her common food.

In this manner may a yard be ſupply'd with all ſorts of poultry, for hens eggs may not be only hatch'd under a hen turkey; but alſo duck eggs, of which the cuſtom is to put 21 under her.

If you put half of the one, and half of the other, the hens eggs muſt not be put under her till eight days after the other; becauſe the chickens are hatch'd in 21 days, wherein the ducklings require 28,

When the young turkeys are able to ſhift for themſelves without their dams, to ſpare the food at home, ſend them out into the field, under the care of ſome poor, careful boy (who will not leave them) and that early in the morning as ſoon as the ſun riſes, order him to drive them ſometimes one way, and ſometimes another, that ſo they may find variety of food, which will make them grow up the ſooner.

About ten in the morning, let them be brought back again, and ſend them back again into the fields to feed in the afternoon, and bring them home again in the evening, and then give them ſome corn, and put them up into their houſe.

They ought to be houſed at night, tho' they love to rooſt upon trees and other high places, becauſe the dew is very injurious to them.

As for the Infirmities of TURKEYS.

Thoſe that are at liberty, are generally ſuch good phyſicians to themſelves, that they will ſcarce ever trouble the owner; but if they are coop'd up, it is otherwiſe; but the cure is much the ſame as in and for other poultry.

Sometimes their wings will be diſordered, in which caſe the quills that are diſordered are to be pulled out, becauſe they are ſwell'd, and at the ſame give them a crumb of wheat bread ſteeped in wine, and give them forge water to drink.

If they have a bladder under their tongue or rump; theſe muſt be prick'd with a pin.

And if their heads ſwell'd, waſh them with forge water, and examine them carefully every day, for if this diſtemper be neglected, they will die of it in 2 days time.

Orvietan, is a very good remedy for them, and the herb called little maiden hair.

It is a general rule if any of them are ſick, to ſeparate them from the reſt, and to keep them apart for three or four days and till they come to feed heartily.

When they are young and under the age of two months, they muſt not be expoſed to the too great heat of the ſun, for that will kill them; they muſt have drink often and in a clean place; and you muſt give them the beſt water.

The beſt Way to fatten TURKEYS.

Give them ſodden barley, and ſodden oats for the firſt fortnight, cram them as they do capons, and they will grow very fat.

To

To roaſt a TURKEY.

Firſt lard it with fine fat bacon on the breaſt, ſtrew it with crumbs of bread. But fill the neck where the crop came out, with the following farce.

Take grated bread, ſalt, ſpice, buttered eggs, and ſome ſweet herbs powdered, mix theſe all well together, and bind them with the yolk of a raw egg, or you may boil and chop the liver of a fowl ſmall and put into it.

For the ſauce, let that be gravy, a bunch of ſweet herbs, ſome lemon peel, whole pepper and all ſpice, boil'd together and ſtrain'd, and a ſhalot or two.

To boil a TURKEY *with Oiſter Sauce.*

Having firſt waſh'd the oiſters clean in their own liquor, ſtrain out the liquor into a clean ſauce-pan; then put in the oiſters with a faggot of ſweet herbs an onion, ſome whole pepper, mace, and a little lemon peel; then if the oiſters be large, take 15 of them; if ſmall more, with a little grated bread, double the quantity of beef ſuet ſhred fine, two anchovies, the yolks of four eggs, a ſmall onion finely ſhred, ſalt, pepper, nutmeg, thyme and winter ſavory, all ſhred very fine; which mix with the yolk of a new laid egg; ſtuff the turkey under the ſkin on the breaſt with theſe.

While it is a boiling, ſet your oiſters ſtewing over a gentle fire, and when they are near enough, take them out and put in a quarter of a pint of white wine, and half a pint of ſtrong gravy, with an anchovy, herbs and ſpice, firſt boiled and then ſtrain'd clean out of the gravy; when all theſe have boil'd together, put in as much butter as will thicken it very well, near a pound to a quart of oiſters: If it prove ſo thin as to part, then put a little flour in a bit of butter and put in the oiſters again, with the juice of a lemon, and ſome ſhred parſley, to make it look green; pour this over the turkey, and garniſh with oiſters and lemon.

After the ſame manner may any fowl be dreſs'd.

To farce a TURKEY.

Take chibbols, ſweet herbs, and raw bacon; chop them ſmall, and ſeaſon them with ſalt and white pepper.

Truſs the turkey without blanching, take the ſkin off the breaſt, and put this ſtuffing beween the ſkin and the breaſt,

and a little of it into the body; then ſpit and roaſt it, and when it is enough dreſs it in a diſh, and put upon it a good ragoe of a ſweet-bread of veal, muſhroom, ſalt, pepper, and a bunch of ſweet herbs; thicken the whole with fry'd flour and boil it well, and ſerve it up hot.

TURNEP WATER.

Take either garden or wild turneps, or ſome of the one and ſome of the other, the ſeed of annis, ſmallage and parſley roots. Infuſe all in white wine or vinegar, and diſtil them. The water is good for the gravel.

V

VALERIAN.

THE wild valerian is recommended as a great ſtrengthener of the optick nerves, and a reſtorer of decayed ſight; and is very exellent in hyſterick afflictions, eſpecially where thoſe of the fetid kind are, and where the ſpirits are too impetuous in their motions ſo as to occaſion convulſions; being aſſiſted with camphire, and ſome other things of the like nature, which are very powerful in breaking through the minuteſt obſtructions, and is ſaid to have cured obſtinate agues.

To COLLAR VEAL.

Take out the bone of the fillet of a fat leg of veal and cut the fat into ſlices to be roll'd up in the collar here and there between the lean; ſeaſon with ſalt, pepper, cloves and mace, and ſome lemon and thyme ſhred very ſmall; let the ſlices of fat and ſeaſoning be ſtrewed, ſo that it may be in all places alike; then roll it up and tie it very tight, and boil it tender in half white wine, and half water, ſeaſoned with ſalt and ſpice; when it is enough, new roll it, and keep it in that pickle.

To COLLAR *a* BREAST *of* VEAL.

Bone the breaſt, and ſeaſon it with ſalt, pepper, grated nutmeg and mace; thyme and ſweet marjoram, and ſuet ſhred ſmall, crums of bread, and a few oiſters; let all theſe be pounded in a mortar to mix them together, and ſtrew them thick over the veal; then roll it up into a collar, and ſew it up tight in a cloth, and boil it three hours.

The ſauce may be the ſame as for a white fricaſſy thickened with cream, and yolks of eggs; having firſt boiled the bones to make good gravey; cut the ſweet-bread into neat bits. Save ſome of the ſtuffing to make forc'd meat, and add to it juice of ſpinage to give it a colour, and the yolks of eggs to make it roll tight; either to fry or boil for garniſh in the ſame ſauce with the ſweet-bread.

To make STOVE VEAL.

Take a fillet of veal of a cow calf, cut away an inch of the middle bone on each ſide; that the fillet may lie flat in the ſtew-pan; cut off the udder, and cut it into long ſlices, and roll them in ſeaſoning made of ſalt, pepper, nutmeg, and ſweet herbs ſhred fine.

Make holes through the fillet, and ſtick in theſe ſeaſoned pieces of fat udder as thick as you can, till you have put them all in; then put butter in a pan, and put in the fillet.

Set them over a ſlack fire, turning and ſhaking it now and then; ſcum off the fat, and put in an onion ſtuck with cloves, and ſqueeze in a lemon pared and cut in half; continue to ſhake it.

This will take up five hours in ſtoving, if your fire be gentle as it ought to be; when it has been in four hours, put in a full pint of ſtrong broth. And when the meat is almoſt ready; ſtew a pint of oiſters, and a pint of muſhrooms in a little broth, and two ſpoonfuls of capers.

Scum the fat clean off again before you uſe the liquor, thicken this with flour, and pour it into the diſh to the meat.

To ſtew VEAL *with white Sauce.*

Cut thick ſlices of the lean of a leg of veal, and ſtew them in water and ſalt, a bunch of ſweet herbs, nutmeg, and a blade or two of mace.

When they are near enough with the gravy in them; put to the liquor they were ſtew'd in, a glaſs or two of white wine, and a little orange or lemon juice, and a little muſhroom gravy, or liquor of ſtew'd muſhrooms.

Then having ready muſhroom buttons, ſtewed white in their own liquor and ſpice, with a bay leaf, ſtrain the liquor, and put ſome of it in the ſauce, and when it is hot, put to it ſome thick cream with the muſhrooms.

Garniſh with ſlices of lemon, and ſerve it hot,

VEAL CUTLETS.

Cut ſlices off a leg of veal; beat them with a rolling pin, lay them ſingle in a diſh, grate over them nutmeg, and ſtrew ſalt on them; lard ſome of them with bacon, and pour over the yolks of eggs well beaten; making them all moiſt with the eggs; then fry them of a fine colour in clarify'd butter.

When they are fry'd, put into the pan gravy, and the pieces of lemon with butter and flour ſhook in it; toſs up all till it is thick, and pour it on the cutlets.

Garniſh with forc'd meat balls and bits of bacon fry'd.

If the leg be of a cow calf, fill the udder and fat with the forc'd meat, and roaſt it nicely to be laid in the middle.

Make the gravy for the ſauce of the bones and ſkins not otherwiſe us'd with a bit of beef, ſweet herbs, ſpice and white wine to make it look pale.

Dr. Chiconeau's *new Method of curing the* VENEREAL DISEASE.

The doctor according as he finds the patient's caſe to be, orders a little blood to be taken away, ſometimes a gentle purge or two to be taken; but always makes the patient bathe five or ſix times, and always an hour each time; after which the whole operation conſiſts in nothing more than rubbing his feet, legs, and arms four five or ſix times as the caſe requires, with a Mercurial ointment in ſuch quantities, and at ſuch proper intervals of time, that no high ſalivation may be raiſed thereby: ſome times indeed but not always, a gentle moderate ſpitting will enſue, nor is it poſſible in ſome conſtitutions to prevent it; but then it is never carried high, nor encouraged; nor is it either troubleſome or dangerous.

The patient during the time of cure muſt keep his chamber, and obſerve a regular diet, and all he will ſuffer, will be

be a little feverish heat and restlesness, sometimes for a day or two, when the operation is at the height.

After this manner without any further trouble does Dr. *Chiconeau* cure the most inveterate poxes with all its symtoms and attendants; of which there are many now in *London*, and as it is said some hundreds that can from their own experience, testify the excellency and efficacy of it.

This method is call'd the *Montpelier* method, and sometimes *the new French method*; and is attended with very little pain, and no danger at all.

To make a VENISON PASTY.

To eight pounds of the finest flour, allow four pounds of butter, and the yolks of seven and the whites of four eggs; put in one pound of butter with the eggs and water into the middle of the flour, wet it pretty stiff, then roll it out and work in the remainder of the butter by sticking it on in bits, and shaking on flour, and so proceed sticking on more till the whole is taken up.

This is fat enough for all meat pasties; but if you make your paste for fruit tarts, the crust of which is to be very thin; you must allow full three quarters of a pound of butter and one egg to every pound of flour.

To season the Pasty.

If it be the side of a large buck, you may take off a fine neck for roasting; and the rest being bon'd and skinn'd, will make as large a pasty as the whole side of a doe; but if you bake the whole side of the buck, use an ounce and a quarter of beaten pepper; and rather more salt than twice the bigness of the pepper laid on an heap; rub the meat all over with these, and lay the meat of an equal thickness into a very large soup dish: for the stewing it in its own gravy is a great improvement upon the old fashioned way of a bottom crust, and shred suet upon that to make it moist.

This quantity of meat will require three pounds, or three and a half of butter to lay over it; except the venison be very fat.

Put a roll of paste quite round the meat, that it may serve for pudding crust, and to fasten the lid to it, which make thick, and wet the inside of the roll that it may close well; make a hole at the top and put in a quarter of a pint

To make ſtrong VINEGAR *in a ſhort Time.*

Put into what vinegar you have by you ſome pieces of new barley bread, and in two days time it will be ſtrong enough.

Some affirm, that if you put ſome ſalt mixt with pepper into wine, it will preſently grow ſour, and ſtill the more, if you plunge into the veſſel once or twice a piece of hot ſteel, horſe-radiſh, green medlars, cornil-berries or plums.

To make VINEGAR *ſtrong.*

Put in the leaves of couch-graſs, *Alicant* or frail raiſins, the roots of brambles, burnt nuts, hot crab-ſhell, and it will effect it.

The common Way of making VINEGAR.

Brew a middling ſort of beer, hopping it well, and when it has work'd well and grown fine, put in ſome rape or huſk of grapes; maſh them together in a tub, and when the rape has ſettled, draw off the liquid part; put it into a caſk and ſet it in the ſun as hot as may be, the bung being only covered with a tile or ſlate ſtone, and in about a month or five weeks it will be excellent vinegar.

Another very good Way.

To a gallon of ſpring water put three pounds of *Malaga* raiſins into a jar, and place them ſo that they may have the hotteſt ſun from *May* to *Michaelmaſs*: then preſs out the liquor, and put it up in a very ſtrong iron hoop'd caſk, that it may not burſt; and though it will appear very thick and muddy when newly preſs'd, it will refine in the veſſel, and be as clear as wine.

Let it ſtand after it has been drawn off three months, and it will be excellent vinegar.

Another.

The country people make vinegar of home brew'd ale, by ſetting it into the ſun till it ſours, and then they call it alegar, but this is not ſo good as that which is made of wine.

VINE WATER.

Take the water or juice that diſtils from vines when they are pruned in the ſpring of the year, and diſtil it with the ſame quantity of honey.

This water is good for curing blood-ſhot eyes; and alſo for the itch.

The vine-water without diſtilling, will have the ſame effect.

VIOLETS are of a laxative quality, and are us'd medicinally in ſyrups, juleps, conſerves, oils, *&c.*

They are good in all ſorts of inflammations, and in burning fevers; it eaſes in hot pains; purges melancholy; relieves the diſorders in the head, breaſt and throat; 3 or 4 ſpoonfuls of laxative ſyrup of violets, is good to allay fevers, looſen the body, ſtrengthen the heart, eaſes pains in the ſide; and is good for all diſtempers, which proceed from too much heat.

The yellow part that is in the midſt of the violet, being boil'd in water and drank, is a ſovereign remedy againſt the falling ſickneſs and quinſey.

Two drams of the powder of violets, gently purges the body.

The flowers of *March* violets being apply'd to the head, eaſes the head-ache, and promotes reſt.

To make a Conſerve of VIOLETS.

Take half a pound of the flowers of violets well pick'd, pound them in a mortar, wetting them with boiling water as you pound them; then ſtrain them through a ſieve or linnen cloth; to theſe allow four pounds of clarified ſugar; boil it well and when you have taken it off the fire, ſtir it with a ſpoon round about the ſkillet, then throw the pounded violet flowers into the ſugar; ſtir them well and put them into moulds, and manage them as orange flowers.

VIPER-GRASS, is an herb ſovereign againſt the palpitation of the earth, faintneſs, and obſtruction of the bowels.

VISNEY.

Fill a large bottle or caſk with morello cherries, and to each quart allow an ounce of loaf ſugar, and fill up the bottle

tle or veſſel with brandy; ſtop it up, and ſet it in a cool cellar for two months; then pour off the liquor and bottle it.

VITIOUS *Practices in brewing Malt Liquors.*

Some keepers of publick houſes put lime in their ale, which fills it with fiery particles and alkalous ſalts, which cauſe a great thirſt in thoſe that drink it, cauſing them to drink more, oftener and longer than otherwiſe they would.

If thoſe perſons who frequently drink this limed ale happen to have the ſaline parts of their blood too naked or volatile, or their juices too much diſſolved; or if an alkalious acrimony prevail in it, ſuch drink muſt unavoidably be fatal to them.

Some again put *Coculus Indiæ* (a ſort of berry uſed for intoxicating fiſh) into their wort, boiling it with the hops. Which is of a narcotick and poiſonous quality, will have a dreadful effect upon the brain, ſtupify the head and ſenſes, rareſy the blood, diſtend and relax the ſolids, and is neceſſarily very hurtful to perſons of a lax and weak habit.

Others again boil broom in their wort, this is more harmleſs than the foregoing; becauſe tho' it may cauſe the headache and ſuddle, yet being a great diuretick, it waſhes away ſandy, gravelly, mucous and ſerous matter from the body.

For an ULCER, *an excellent Balm or Balſam.*

Take roch allum, vitriol and verdegreaſe, dry of each an equal quantity, beat and pound them in a mortar; put a quart of linſeed oil into a glaſs bottle, and put to it a quarter of an ounce of the calcin'd ingredients reduc'd to a very fine powder; ſtop the bottle, and expoſe it to the ſun, or put it into ſand or horſe-dung, till it becomes as red as blood.

This balm is ſovereignly good for *Ulcers*, *Cankers*, *Ringworms*, *Itch* and *Wounds*.

An UMBLE PYE.

Boil the umbles of a deer till they are very tender, ſet them by till they are cold, and chop them as ſmall as meat for minc'd pyes, and ſhred to them as much beef ſuet, ſix large apples, and half a pound of currants, as much ſugar; ſeaſoning with ſalt, pepper, cloves and nutmegs, according to your palate; mix all well together, and when you put them into the paſte, pour in half a pint of ſack, the juice of

one

one orange and two lemons, then close the pye, bake it, and serve it hot to table.

To recover a lost VOICE.

1. Take a drams of crabs eyes, for three days successively.
2. Or you may take some balm of sulphur. Or,
3. Drink the decoction of the herb *Fluellin*, which is the most excellent of all remedies.
4. A decoction of *Aretimon*, with raisins of the sun.

VOMITING, *Remedies to stop it.*

Boil a new laid egg moderately in the shell in boiling water, and with it mix about the bigness of a bean of good treacle, and let the patient take it.

2. Boil four ounces of rose-water, with three ounces of sugar, till the sugar is dissolv'd; then take an ounce of *Venice* turpentine, wash it well, and several times in this water, and make pills of it of the size of peas, of which give the patient from four to ten, or a dozen of them, according to the stubbornes more or less of the distemper.

3. Make a decoction of barley, and take a glass of it.

4. If the patient cannot take in liquid remedies, give him a dram of wash'd aloes, and the water or juice of pale roses.

5. Boil the pulp of a quince in vinegar, to the consistence of a pulp; then add to the quantity of half a pound, half an ounce of the powder of cyprus root, or of orange peel, of which let the patient take the quantity of a nut, morning and evening.

6. Take a dram of the salt of wormwood, and a spoonful of lemon mixt well together.

7. If the vomiting proceeds from gross and viscous humours sticking to the stomach; let the patient take the decoction of radish, mixt with a little hony and vinegar; and let him purge with double catholicon, dissolv'd in water, either of agrimony, plantane, knot-grass or roses; and let this purge be repeated till he finds relief.

If the vomiting proceeds from the suppression of the *Menses*, either in women or maids, bleeding in the foot only will stop it; and the common practice is to take away nine ounces of blood at six a clock in the morning, and two ounces at one in the afternoon, and an ounce and a half at nine at night, all from the same foot, and through the same orifice. This is recommended as an infallible remedy.

If the vomiting proceeds from the matrix, pound wormwood and penny-royal, with oil and vinegar; and often rub the inſide of the noſe with it. The ſeed of ſmallage will have the ſame effect; it will ſtop the vomiting, and cauſe the patient to ſweat.

If the vomiting proceeds from a bilious humour, make uſe of warm water, with three or four ſpoonfuls of the juice of ſorrel; or elſe take two ounces of emetick wine.

For the Retention of URINE.

1. Roaſt a large lemon under hot coals, and when it is enough, apply it hot as near as you can without burning, againſt the bladder, and keep it on with a napkin or bandage, and it will ſoon cauſe him to make water.

2. Dip a napkin or other linnen cloth in ſpirit of wine, and apply it to the bottom of the belly, and it will do much good.

3. Take a handful of the plant call'd *Herniaria*, waſh it and dry it between two linnen cloths; then put it into a new glaz'd pot, and pour a quart of white wine to it, and boil it till it comes to a pint, and give a glaſs of it to the perſon afflicted with the ſtoppage of urine, and he will find much benefit by it.

4. A water diſtill'd from the bark of the root of reſt-harrow, firſt ſteep'd in malmſey wine, is by ſome recommended for this purpoſe.

USQUEBAUGH.

Take proof ſpirits ſix quarts, water three quarts, cinnamon, cloves and nutmegs, of each a quarter of an ounce; anniſeeds, carraways and coriander ſeeds, of each half an ounce; liquorice ſliced, one ounce; macerate and diſtil, hanging a quarter of an ounce of ſaffron teaz'd, at one end of the worm; which frequently expreſs or ſqueeze out, till you have got out all its tincture; ſweeten with a pound of fine ſugar.

Green USQUEBAUGH.

To a gallon of *French* brandy, put of ſweet fennel ſeeds and anniſeeds, each an ounce; of coriander ſeeds two drams. Let theſe infuſe for nine days; then mix one dram of the ſpirit of ſaffron, diſtill'd from the ſpirit of wine with the reſt

for

for nine days; and having during that time infus'd ſome ſlic'd liquorice in ſpirit of wine, and one pound of raiſins of the ſun, filtre it; then to a gallon of the liquor put a quart of good white wine; and having mix'd all together, colour it with the juice of ſpinach boil'd; having ſet it to be cold before you put it in. To a gallon of this put a pound of white ſugar-candy, finely powdered.

King WILLIAM's *Receipt for Iriſh* USQUEBAUGH.

To every gallon of brandy put an ounce of liquorice ſlic'd; of ſweet fennel ſeeds and anniſeeds, of each the ſame quantity; four ounces of figs ſplit, and a pound of raiſins of the ſun, ſplit and ſton'd; and two drams of coriander ſeed.

Let theſe infuſe about eight or nine days; then pour the clear liquor off, and add half an ounce of ſaffron in a bag for a day or two, and when you take that out, put in a dram of muſk.

If this ſeems to be too high a cordial for the ſtomach, reduce it to the temper you would have it, by putting more brandy to it.

ROYAL USQUEBAUGH.

Take good proof ſpirits ſix quarts, water three quarts; cloves, cubebs and mace, of each a little more than a dram and a half; of nuts, five drams; cinnamon, coriander ſeeds, and ginger, of each three drams; infuſe theſe all night, and the next day diſtil, hanging *Engliſh* ſaffron toz'd, ſo as to be looſe from being matted (ty'd in a linnen rag) for the ſpirit to run thro', to take its tincture.

Then prepare the following ingredients.

Ston'd raiſins nine ounces; dates ſlic'd ſix ounces; liquorice four ounces and a half; ſpring water, three pints: Set theſe in a warm oven to macerate, or elſe upon warm aſhes, till all the vertue be extracted from them; then add a pound and a quarter of fine *Lisbon* ſugar, which when it is diſſolv'd therein, and perfectly cold, put this to the diſtillation, and ſet it in an open headed veſſel, with a cock in it, till it becomes fine.

The Same by Digeſtion.

Take raiſins ſtoned two pound; figs ſlic'd half a pound; cloves and mace, of each half an ounce; cinnamon, two ounces

ounces and a half; nuts one ounce; ſaffron, half an ounce; liquorice, three ounces ſlic'd: Bruiſe the ſpices, &c. and toze the ſaffron to pieces; put them to a gallon of the beſt brandy, and let them infuſe for a week or eight days, till the whole vertue be extracted; then filter it, and add to it a quart of canary, and half a dram of eſſence of ambergreaſe; and ſix leaves of gold, broken in pieces.

For a fallen and inflamed UVULA, *or Palate of the Mouth, near the Pipes of the Noſtrils.*

Bruiſe houſleek, and ſteep a linnen cloth in the juice of it, which apply round the throat, dipping it again as often as it is dry in the ſaid juice.

It is affirm'd, that a perſon who was at the point of death, has been cur'd by it in 12 hours time; though he had been given over both by phyſicians and ſurgeons.

If you cannot conveniently have houſleek, you may uſe fenugreek, the decoction of plantane, ruſh-leaves, and a little roſe hony; as well to apply outwardly with a linnen cloth, as to make a gargariſm of.

W

WAFERS, is a ſort of paſtry work. Mix the quantity of flour you deſign to uſe with new cream in the evening, and the next day temper it well, and clear it from the lumps; then add powder ſugar, ſomething more in quantity than the flour, mixing all well together with a ſpoon; then add more cream, with a little orange-flower-water, till the whole maſs is become near as thick as milk, ſtirring all well together.

In the mean time let the wafer iron be heated and rubb'd on both ſides from time to time with freſh butter, put into a corner of a napkin; then put the prepared batter into the iron, not exceeding a ſpoonful and an half for every wafer, which will be rendred by ſo much the more delicious, if the wafer iron be preſs'd a little.

Then lay the wafer iron on the fire, that when the wafer is bak'd on one ſide, it may be turn'd on the other.

If you would know whether a wafer is bak'd enough, open the iron a little and gently, and ſee if the wafer be come to a good colour.

And if it be, take it out of the iron that very inſtant with a knife, rolling it a little round the ſame.

Then ſpread the wafer hot upon a wooden roller, made for that purpoſe, in order to give them their due ſhape, and ſet them in the ſtove as they are finiſhed, that they may be kept very dry.

To make DUTCH WAFERS.

Beat eight eggs very well, then take two ſpoonfuls of fine ſugar, two nutmegs grated, a quart of cream, two pound of flour, and two pound of butter melted, five or ſix ſpoonfuls of roſe water, and four ſpoonfuls of yeaſt; mix all well together, and bake them in wafer tongues on the fire; for ſauce, take grated cinnamon, ſack and melted butter, ſweeten it to your taſte.

BROWN WAFERS.

To half a pint of milk and the like quantity of cream, add half a pound of brown ſugar; melt and ſtrain it through a ſieve; take as much flour as will make one half of the milk and cream very ſtiff; then put in the other half, keep ſtirring it continually, that it may not run into lumps; then add a couple of eggs well beaten, a little ſack, ſome mace ſhred ſmall, and two or three beaten cloves. Bake it in irons.

WAKE ROBIN, *or* CALF's FOOT.

The root of this plant is purgative and penetrating; a powder made of it is us'd in aſthma's, dropſey, and melancholick humours.

The doſe is from half a ſcruple to a dram.

WALNUTS.

The juice of the outward rind of walnuts is an excellent gargle for a ſore throat.

The diſtillation of the leaves with honey and urine, will make hair grow on bald heads.

The kernel rubb'd on any crack or chink of a leaking veſſel, will ſtop it better than either clay, pitch or wax.

To pickle WALNUTS.

Waſh them and put them into a kettle, ſcald them, then rub off the outer ſkin with a piece of flannel, and let them lie till they are quite cold, then throw them into cold water and ſalt, and having lain in it 24 hours, ſhift them, repeating this for 12 or 14 days; then dry them, and put them into a glaz'd earthen veſſel, layer upon layer; interſperſe with ſpice, whole muſtard ſeed, horſe-radiſh ſlic'd, ſhalots, and three or four cloves of garlick; or if you think that too ſtrong, as many cloves of ſhalot. This continue till the pot is full; then fill up the pot, or ſo much as will cover them, with boiling hot vinegar, and then cover the pot cloſe; the next day pour off the vinegar from them, without diſturbing or diſplacing the walnuts and ſpices, *&c.* and boiling it again pour it upon them as before; ſtop them up cloſe, and ſet them by for uſe.

They may be eaten in three weeks or a month, and not ſooner, will grow better and better, by being kept a few months.

Another Way.

Take *French* walnuts in *July*, before the ſhell is grown hard, juſt give them a ſcald that the firſt ſkin may rub off; then put them into water and ſalt for nine or 10 days, ſhifting them every other day; keeping them cloſe covered from the air; then dry them, and prepare the pickle as follows.

For half a hundred of large nuts, take two quarts of white wine vinegar, long pepper, black pepper and ginger, of each half an ounce; cloves, mace, and nutmegs, of each a quarter of an ounce; pound the ſpice, and with it a ſpoonful of muſtard ſeed; ſtrew this between every layer of walnuts, and pour the liquor boiling hot upon them, three or four times or oftener, if you find occaſion. Take care to keep them cloſe ſtopp'd.

WALNUTS, *to preſerve.*

Take them when they are come to their full growth, but before the wood is form'd, which is uſually about the beginning of *July*; and if you would have them white, then pare them neatly till the white appears, and then throw them into water; but in the mean time other water muſt be ſet over the

the fire, into which you are to put the walnuts as ſoon as it begins to boil.

To know if they be done enough, prick them with a pin, as you do green apricocks, and when they ſlip off from it, you muſt immediately take them off the fire.

To render them white, you ought to fling in a handful of beaten alum, and to give them another boiling, then turn them into freſh water to cool them, and afterwards put them into their ſugar; allowing to two ladle full of ſugar one ladle full of water.

Sometime after drain the walnuts, and ſlip them into earthen pans, and having caus'd the ſugar and the water to be heated together, pour it upon them; the next day clear the ſugar from the pans, without removing the walnuts, becauſe they muſt not be ſet over the fire at all.

Give the ſyrup five or ſix boilings, but on the third day boil it till it becomes ſomewhat ſmooth, as alſo on the following days ſucceſſively, till it is become very ſmooth, and at laſt entirely pearl'd, encreaſing the quantity of ſugar every day, that ſo the walnuts may be well ſoak'd in the ſyrup. Then ſet them into a ſtove all night, and afterwards put them into pots.

If the ſugar us'd be very fine, the walnuts will be very white.

WALL-WORT *or* COMFREY.

A decoction of this plant being drank in metheglin, is good for purging away the ſuperfluous humours of the breaſt.

The juice of it taken in common water, is good for thoſe who ſpit blood, and for the diſtempers of the reins; being taken in wine it ſtops the bloody flux, and the exceſs of womens menſes; the plant being chew'd quenches thirſt, and corrects the ſharpneſs of urine.

WARTS, *to take off.*

Some recommend the following methods.

1. Touch them with fig-leaves, and they will (as ſome affirm) fall off; but others adviſe to rub them with the heart of a pigeon.

2. Cut off the head of a live eel, and rub the wart with the blood, and they will (as is ſaid) drop off.

3. Lay the foot of a hen over a quick fire, till the ſkin peels off from the bone, and with that ſkin rub the warts twice or thrice, while it is hot and it will effect the buſineſs.

Of WATER *for Brewing.*

Water is of great conſequence in brewing malt liquors, and ought to be both wholeſome and fine; it being the vehicle by which the nouriſhing and pleaſant particles of the malt and hop are convey'd into our bodies.

Now the more ſimple and free any water is from foreign particles, the better it will anſwer thoſe ends and purpoſes.

For as it has been obſerv'd by Dr. *Mead*, ſome waters are ſo loaded with ſtony corpuſcles, that even the pipes through which they are carried, are in time incruſted and ſtopp'd up by them, and are of that petrifying nature, that they breed the ſtone in the bladder; and this alſo appears by the inſide of tea-kettles, that are incruſted by hard well waters being boiled in them.

It muſt be allow'd, its true, that ſuch fluids as well waters have a greater force and aptneſs to extract the tincture out of malt than the more innocent and ſoft water of rivers; but nevertheleſs they ought not to be us'd but upon neceſſity; this quality in them being owing to the mineral particles and aluminous ſalts with which they are impregnated.

For theſe waters being thus ſaturated, will by their various gravities in their circulation, depoſit themſelves in ſome part or other of the animal body; and on this account ſome prove the goodneſs of water by the lightneſs of its body in water ſcales, in order to the avoiding the ſcorbutick, colicky, hypochondriacal and other ill effects of the clayey and other groſs particles of ſtagnating well waters, and the ſtony concretions of others; and therefore ſuch waters ſhould be avoided more than others that are not pure, clear and ſoft, or that do not ſpring from good chalks or ſtony rocks, which are generally allow'd to produce the beſt of all well waters.

Spring waters are in general liable to partake of thoſe minerals, thro' which they paſs, and are either wholeſome or prejudicial according to their quality.

But thoſe waters that will lather well with ſoap, or is ſoft and is ſtrain'd through chalk or a grey fire-ſtone, theſe are accounted the beſt; for chalks in this reſpect excel all other earths, in that they adminiſter nothing unwholeſome to the water that is percolated or ſtrain'd through them; but does without doubt perfectly abſorb by its drying and ſpungy quality any ill mineral qualities that may be in the water that runs through them.

And for this reaſon it is common to throw great quantities of chalk into wells at *Ailsbury* to ſoften their water which comes

comes off a black ſand ſtone, and is ſo hard and ſharp that it will frequently turn their beer ſour in a weeks time; ſo that without the chalk it is neither fit to waſh nor brew with; but as long as the alcalous ſoft particles of the chalk continues in it, it is put to both uſes.

River waters are not ſo liable to be loaded with theſe metallick, petrifying, ſaline and other unwholeſome particles of the earth as the ſpring or well waters are, eſpecially at ſome diſtance from the ſpring head; becauſe the rain water mixes it and ſoftens it and are alſo much cured by the influence of the ſun and air; for in their runnings they often collect groſs particles from owzy, muddy mixtures which make beer ſubject to new fermentation, and grow foul as the *Thames* water generally does; yet is this for its ſoftneſs much better than the hard ſort.

But where there is a river that is clear in a dry time, when no great rain has lately fell out of rivulets or ſuch rivers as have a gravelly, chalky, ſandy, or ſtony bottom, free from the diſturbance of cattle, and in a good air, it may then juſtly deſerve the name of an excellent water for brewing, and will make a ſtronger drink with a leſs quantity of malt than any of the well waters: And ſo the *Thames* water has been found to make as ſtrong beer with ſeven buſhels of malt, as well water with eight, and ſo are all river waters in a proportionable degree, and where they can be had clean and pure, the drink may be drawn fine in a few days after it has been tunned.

Rain water is very ſoft, of a moſt ſimple and pure nature, and the beſt diluter of any, eſpecially if receiv'd free from dirt, and the ſalt of mortar, that often mixes with it; as it runs off from tiled roofs; this is very fit for brewing ales that are not to be kept a great while; but for beers that are to be kept ſome time in the caſks it is not ſo well, as being apt to putrefy ſooner than any.

Pond waters, ſuch are all ſtanding waters chiefly from rain, and are either good or bad as they happen; for where there is a clean bottom and the water is not diſturb'd by the feet of cattle, or too many fiſh in an open ſound air, it then comes near, if it be not quite ſo good as rain water.

ANGELICA WATER.

Take angelica both roots and leaves; and alſo the roots and flowers of lavender, infuſe them in wine, and diſtil them

them and you will have an excellent water againſt the falling ſickneſs; of which take two or three ſpoonfuls at a time.

CELANDINE WATER.

In the beginning of *May* gather celandine, fennel, rue and vervain; pound ſo many as to procure four ounces of juice from each, which mix together, and add ſome roſe buds, a quarter of a pound of ſugar candy, the ſame quantity of dragons blood, and alſo the ſame quantity of good tutty, diſtil all in a limbeck.

This water is good to take away redneſs and ſpecks of the eyes.

CLOVE WATER.

Infuſe cloves, ginger and roſemary flowers, of each an equal quantity, in good ſtrong wine for the ſpace of eight hours, and then diſtil them.

This water is excellent for comforting the ſtomach, allaying pains and gripings of the guts; for killing worms, making fat people lean and, lean people fat; being mixt with ſugar.

EYE-BRIGHT WATER.

Take eye-bright, celandine, fennel, red roſes, rue and vervein, of each a pound; cloves and long pepper, of each a quarter of a pound; pound all and diſtil them in a glaſs alembick; this water is excellent for weak eyes.

GARDEN-FLAG WATER.

Take garden flag, hyſop and ſouthernwood, of each equal quantities; pound them and let them lie for ſome time and afterwards diſtil them.

This water is good for forwarding the menſes and killing worms in children.

IMPERIAL WATER.

For a week dry orange peel in the ſhade, of which take two ounces; alſo cloves and nutmegs, of each the ſame quantity; powder them each by themſelves, then put the ſpices into a phial with roſe water, and ſet it in the ſun for about

about 17 days, then put in the orange peel, and let it ſtand for ſome time; then having half a pound of red roſes gathered two days before, and four ounces of the root of cyprus, balm gentle, hyſop, roſemary leaves, and wild-roſes; of each a handful; and laurel leaves half a handful; the whole having been dry'd in the ſun for the ſpace of 10 hours, put all into an alembick in the manner following.

Firſt lay a bed at the bottom of half a pound of freſh red roſes; then a ſecond bed of the aromatick powders and orange peel, and a third of the flowers of *March* violets and let the fourth and laſt bed be of the herbs before mentioned.

Diſtil all gently in *Balneo mariæ*, adding thereto a pint of roſe water.

If a dram of this water be taken in the morning it will keep the body in health, and as it were renew youth.

It is in great eſteem among the greateſt nobility of both ſexes.

It is good againſt the gripes and diſorders of the belly; the head-ache the tooth-ache; apoplexy, convulſions, palſey, ſwooning and other cold maladies.

LAVENDER WATER.

Infuſe lavender flowers either freſh or dry'd, in either roſe-water, wine, or brandy, and then diſtil them Or,

2. Dry lavender flowers in the ſun, put them into a vial, ſtop it well, and pour white wine upon them; and the water will be more odoriferous, and without any diſtilling: If you would have that which repreſents the ſmell of lavender, pour a drop or two of the oil of ſpike upon a ſufficient quantity of fair water and ſtir all together in a glaſs vial that has a narrow neck, and it will be very odoriferous without diſtillation.

ORANGE WATER.

Infuſe the rinds of green oranges and lemons of each a quarter of an ounce, ſix cloves, and three ounces of the flowers of ſpikenard and lavender newly gathered, in three pints of roſe water for the ſpace of four or five hours; and then diſtil them.

ORANGE-FLOWER-WATER.

Diſtil orange flowers with a gentle fire, in a glaſs or

earthen glaz'd alembick, adding the flower of lemons; take care to ſtop it very cloſe in a glaſs bottle.

PIMPERNEL WATER.

Take the ſeeds of pimpernel, the leaves and roots of burdock; the ſeeds of parſley and ſmallage, of each equal quantities; pound them all together, adding an ounce of dragons blood and a little wine vinegar, let them infuſe for ſome time, and diſtil them.

This is an excellent remedy in the ſtone and gravel.

WATER-GERMANDER.

This plant is good againſt all kinds of fevers; both for raiſing the ſpirits as a cordial or promoting or preventing the eruption of ſuch humours as frequently do critically terminate in ſuch diſtempers.

Some authors recommend it likewiſe as hyſterical and good for deſtroying worms, and as a good detergent in malignant and inveterate ulcers.

WATER GRUEL.

Steep good ground oatmeal all night in water, ſtrain it the next day and boil it with a blade of mace, and when it is enough, and having ſome raiſins or currants, that have been infus'd in a pot of ſeething water, mix this with the gruel when it is enough, with a little ſalt, a little wine, and a little ſugar.

Another Way.

Take two parts of oatmeal and one of rice finely ground, boil it well in water, and add a good deal of cinnamon, ſtrain it through a cloth, and ſweeten it to your taſte; and if there be the yolk of an egg, beaten with a little ſherry or ſack added to it, it will not be bad for thoſe who have a looſeneſs: At other times you may if you pleaſe add butter. It is not only very palatable, but very nouriſhing.

WATER LILY.

The flower of the white kind, as alſo the root is cooling and moiſtening. The decoction is given inwardly in rheums and

and burning fevers: It is alſo good in ſharpneſs of urine and to ſweeten the blood. It is alſo us'd outwardly in inflammations, and to cleanſe and ſoften the ſkin.

To Broil WHITINGS.

Gut and cleanſe the fiſh with water and ſalt, dry them and flour them well, then having firſt rubb'd the gridiron with a little chalk lay them on. When they are enough on one ſide turn them, and ſerve them when done with melted butter, anchovy liquor, and oiſter ſauce.

When you fry whitings ſkewer their tails in their mouth.

WHITE DRINK.

Boil an ounce of the powder of harts-horn and a pint and half of ſpring water to the conſumption of one half, with a cruſt of bread in it, and a little cinnamon; ſtrain it and ſweeten it with loaf ſugar.

This is us'd as a common drink in all acute diſeaſes attended with or inclining to a looſeneſs.

It is proper in the ſmall pox and meaſles, and is reckoned not only to correct the ſharpneſs of humours in the ſtomach and bowels; but alſo to ſweeten them.

N. B. The *red Drink* is the ſame with the *white*, only tinged with cochineal.

WHITE-POT.

Take a quart of cream or new milk, put into it a quarter of a nutmeg ſlic'd, a quarter of an ounce of mace and ſome cinnamon; pare off the cruſt of a half-penny roll, cut it in ſlices and lay it in the bottom of a diſh, and lay them over with good beef marrow; and having beat up the yolks of ſix eggs well with roſe water put them to the cream, ſweetening all with ſugar, and having taken out the ſpices, pour it into a broad baſon, in which you have laid the bread and marrow, and bake it, but not in too hot an oven; when you ſerve it up ſcrape white ſugar over it.

WHITES, *to ſtop.*

Take nutmegs what quantity you pleaſe, and the white of a new laid egg, roſe water and plantane water, of each four ſpoonfuls and a little ſugar; put the nutmegs into the middle

of a brown loaf, and bake it an oven; and when it is enough take the nutmeg out of the loaf; beat the plantane water, roſe water, white of the egg and ſugar well together, and ſcrape half a nutmeg upon it; mix all well together, and take ſome of it every morning for ſix or ſeven days together.

Clary pounded with butter is alſo a very good medicine in the whites; the navel being rubbed with it; and ſome uſe coral, which by its vertue ſwallows up the acid flux of the menſes and the emrods.

WHITLOE.

Take ſnail ſhells and beat the pulpy part of them very well, with a good quantity of parſley chopt very fine, and apply it warm to the whitloe, ſhifting it two or three times a day.

2. Take houſe ſnails and pound them, ſhells and all in a ſtone or wooden mortar; till they come to be a poultice, and apply this pretty warm to the whitloe, and keep it on for 16 or 24 hours, and then (if need be) repeat it.

3. Take a reddiſh or blackiſh ſnail, of that ſort that has no ſhell or houſe; pound it in a mortar of wood or ſtone till it is a poultice and apply it to the whitloe; and after it has lain on ſome hours repeat it once or twice.

LONDON WIGS.

To half a quarter of a peck of flour allow four ounces of ſugar, and carraways to your palate, having mix'd theſe ſet them to the fire to dry; then having heated three quarters of a pound of butter over a gentle fire, ſtirring it often, add to it a pint of milk or cream; when the butter is melted pour it into the middle of the flour, and add to it a few ſpoonfuls of ſack and half a pint of very good ale yeaſt, ſet it before the fire to riſe; then make the wigs and lay them on tin plates to be bak'd.

To ſtew WILD FOWL.

Firſt half roaſt them, then cut them in pieces, and ſet them over a chafing diſh of coals, with half a pint of claret and as much good gravy; which muſt be firſt boil'd and ſeaſoned with ſhalot and ſpice; let it ſtew in this liquor till it is high coloured and well mix'd, and they'll eat better than off the ſpit.

WILD THYME.

Is a ſtrong digeſter and opener. The decoction in wine is good to provoke urine and the menſes; cleanſe the viſcous humours of the kidneys, diſſolve ventoſities, allay the pains of the bowels, cure inward ruptures, and remove the obſtruction of the liver and ſpleen.

The ſmell of it is good for fortifying the brain.

Wild thyme boil'd in vinegar and oil, is good for giving eaſe in the head-ache, the temples being rubb'd with that and ſome hony; it is effectual for cleanſing the lungs, and gives relief in epilepſies.

An ounce of the powder (it having been firſt dry'd) being drank in water, gives eaſe in the gripes; and removes the ſuppreſſion of urine.

WITHERING.

A malady of a cow, who after calving has not caſt her cleanſing, which if not remedied will ſoon kill her; which to prevent.

1. Boil ariſtolochia, betony, coleworts, maiden-hair, mallows and mugwort in water, and give it the cow luke-warm.

2. Bruiſe ariſtolochia, myrrh and pepper and give her in ſtrong ale, or white wine luke-warm, and this will not only cauſe her to caſt her cleanſing but alſo, if the calf be dead within her will bring it away.

WOLFS-BANE, is a plant of a poiſonous nature, yet is us'd in fomentations and ointments for the Itch and to kill lice.

WOLFS-FOOT, a decoction of this plant being boil'd in wine is good againſt the ſtone in the kidneys and to provoke urine.

Being pounded, boil'd in water and apply'd outwardly, it will allay inflammations and burning pains. It is good in the gout proceeding from a hot humour.

WOODCOCKS *to dreſs.*

Theſe are only to be pull'd of their feathers and not drawn like other fowls but the guts left in them, and when they are roaſted they muſt be ſerv'd upon toaſts of bread upon which the guts are ſpread and eaten, when they are brought to table.

The

The inwards of this bird eats like marrow, this is generally eaten with juice of orange, a little ſalt and pepper, without any other ſauce.

The legs of this bird are moſt eſteemed, and uſually preſented to the greateſt ſtranger at the table; but the wings and breaſt of a partridge are the principal parts; for the legs are full of ſtrings like the legs of turkeys and pheaſants.

SNIPES, *to dreſs.*

Theſe are of the ſame nature with the woodcock, and are ordered in every reſpect like it. Theſe may be larded with bacon upon the breaſt; or elſe ſtew'd with ſalt and crumbs of bread while they are roaſting.

Some uſe another ſauce for them, as gravy with a little minced anchovy, a rocambole, ſome lemon juice, and a little white wine boil'd together; and when it is ſtrained pour it into a ſaucer and ſerve it with the fowls.

Sauce for a WOOD-COCK *or any* WILD FOWL.

Mix a quarter of a pint of water with the ſame quantity of claret; put in grated bread and two or three heads of rocambole or ſhalot; a little ſalt, whole pepper, mace and nutmeg ſlic'd; ſet theſe all over the fire and ſtew them very well; then beat it up with butter, put it under the woodcock or wild fowl; which being under roaſted will afford gravy to mix with this ſauce.

A Powder for the WORMS.

Take crabs-eyes and coraline, of each two drams; cream of tartar one dram; reduce all to a fine powder, and give as much as will lie on a ſix-pence three times a day in a ſpoonful of milk water, and let the child drink two or three ſpoonfuls after it; if this does not keep it from being coſtive give it ſometimes a gliſter of milk and ſugar; and if the weakneſs continues, let rhubarb infus'd in ſmall beer be drank conſtantly for three weeks or a month, and it will certainly effect the cure, and both ſweeten and ſtrengthen the blood.

This powder muſt be taken at the full and change of the moon.

The

The MILK WATER, *to be taken with the foregoing Powder.*

Take ale-hoof, betony, comfrey leaves and roots, mint, ſage, penny-royal and ſcabious of each one handful; fox-fern roots two handfuls, one quart of ſhell ſnails bruis'd, and the whites of ſix eggs; bruiſe the herbs, ſlice the roots, and diſtil all in a cold ſtill with a gallon of new milk and a quart of canary; ſweeten it with ſugar-candy.

Another Powder for the ſame.

Take an ounce of worm-ſeed and half an ounce of rhubarb; reduce them to a very fine powder adding to them a quarter of an ounce of prepar'd coral; give a child of theſe as much as will lie upon a ſhilling for three mornings together and let it drink a glaſs of warm ale after it.

Another Way.

Give a child one drop and no more of oil of brimſtone in a little warm ale, three mornings one after another; three drops is enough for a man or a woman.

Another.

Take plantane, ſpear mint and goats-rue, of each a handful, of plantane ſeeds a ſpoonful. Stamp theſe together and ſqueeze out the juice, and give two ſpoonfuls of it in a glaſs of ſack for three mornings.

For WORMS.

Take tops of carduus, tops of centuary, *Roman* wormwood, and the flowers of camomile, (all of them dry'd and of the laſt years growth that you uſe them) cut the herbs ſmall, but not the flowers, and put them with an ounce of wormſeed bruiſed ſmall into an earthen jar or pickling pot, and pour upon them a quart of ſpring water cold; ſtir them all well about, and then tie the pot over with a double paper, and let it ſtand 48 hours, opening it, and ſtirring it five or ſix times in that ſpace.

At the end of 48 hours, ſtrain it through a cloth, ſqueezing the herbs as dry as you can, which fling away, and give to a child from two to four or five years old half a ſpoonful

ful, more or leſs of this liquor, mixt with a quarter of a ſpoonful of oil of beech nuts, every morning faſting, letting it faſt for about an hour after it; and alſo the ſame doſe about four or five in the afternoon, every day for a week or ten days together; by which time if the caſe be worms, and you take care to obſerve, you will find them come away, either dead or alive.

Older Children muſt take more in proportion to their ages; and grown perſons from three or four to ſix or eight ſpoonfuls or more, with always half the quantity of the ſaid oil mixt with each doſe, and it will keep the body ſoluble, and ſometimes a little looſe.

This is an excellent remedy, and has cured in caſes that have been thought incurable.

For the WORMS, *Another.*

Take an ounce of the ſeeds of *Sevil* oranges, huſk and dry them, and pound them to a powder, of which give as much as will lie on a ſixpence in a ſpoonful of ſyrup of peach bloſſoms; or for want of that, ſyrup of black cherries; and alſo bind peach leaves to the navel of the child.

WORMWOOD, is good for killing worms in the body, ſtrengthening the ſtomach; it is vulnerary opening, helps digeſtion, and promotes the menſes; is good in the diſeaſes of the liver, ſpleen and ſtomach.

WORMWOOD CAKES.

Take fine ſugar, ſift it through an hair ſieve, and colour it with carmine; wet it more than a candy with water; boil it pretty briſkly till it is almoſt a candy height then add about three drops of ſpirit of wormwood, and fill it in little coffins made of cards; and when it boils in the coffins it is enough; you muſt not boil more than half a pound at a time or leſs.

Let the ſpirit of wormwood be that which looks black, and as thick as oil, and it ought to have two or three boils after it is put into the cakes.

WORMWOOD WATER.

Take ſix quarts of proof ſpirits, and three quarts of water; dry'd wormwood half a pound; caraway ſeeds bruiſed

two ounces; infuſe them, diſtil and ſweeten with three quarters of a pound of ſugar.

Dr. Bates's WORMWOOD WATER.

Take the outward rinds of freſh lemon, one pound and an half; of oranges one pound; dry'd wormood and *Winters* bark of each half a pound; camomile flowers four ounces, cardamum ſeeds, gilliflowers, cubebs, ſweet reed, of each an ounce; cinnamon, nutmeg and caraway ſeeds of each two ounces; rectified ſpirits of wine ſix quarts; ſimple wormwood water four quarts; digeſt theſe for the ſpace of three or four days and diſtil them.

To know when WORT *is well boil'd.*

1. Conſider the ſtrength of it, for ſtrong wort requires more boiling than weak.

2. Obſerve when it breaks like curds and whey, and boil it a pretty while after that.

3. When wort is well boil'd, the hops ſink to the bottom.

In order to make wort break the ſooner, ſome as ſoon as it comes to a boiling, throw in a quart of water.

Wort is beſt work'd or fermented in a ſeaſon'd veſſel.

1. Becauſe the parts of the liquor formerly fermented in it having impregnated it, they preſently exert their force upon the new liquor, rouze up the parts, and put them in action, ſooner than they would do in any unſeaſon'd caſk.

If wort when boil'd, be put into a ſeaſoned veſſel and let to ſtand, it would ferment of it ſelf in ſummer time; but in winter time; would work but very ſlowly and imperfectly, and there will be a neceſſity to add yeaſt or barm.

2. A new veſſel does not only render the fermentation weaker and ſlower; but imbibes a large part of its ſpirit and fermentable parts from the drink; by which means what remains after working will taſte more flat and vapid; and for this reaſon muſt the veſſel be of wood, for earth or glaſs will not ſuffer the fermentation to proceed regularly.

Wort has alſo ſeveral phyſical qualities. As in ſom diſorders of the breaſt, as where the bronchial veſſels are very weak. A decoction of wort with ſuch things as diſpoſe its parts to motion, and prevent its ſtuffing of the ſmall veſſels may be very ſerviceable.

Wort is a very great ſoftner, being drank moderately it will give three or four looſe ſtools, and is good for killing worms. On the other hand, if wort be drank too freely, it will cauſe vomiting and looſeneſs, flatulency and gripes; is hard of digeſtion in the body, begets obſtructions, ſtops urine, &c.

St. John's WORT.

This plant is of a diſolving and operative quality; the ſeed being drank in wine, is good for the ſtone and againſt poiſons, and for ſtirring of blood, as alſo for the ſciatica; the water diſtill'd from the plant is good for the falling ſickneſs and palſey.

The herb being pounded and apply'd to the bitings of venomous creatures cures them.

In ſhort there are few plants endowed with more or greater vertues.

For an old WOUND *or* SORE *in Cows*, &c.

Take white copperas three ounces, roach alum one ounce and an half; bole armoniack ſix or ſeven ounces: powder theſe finely, and mix them together; ſet them on the fire in a well glazed earthen veſſel, and keep ſtirring them for a quarter of an hour, till they are all incorporated.

Then take off the mixture and ſet it by to cool, and afterwards pound the compoſition in a marble mortar to a fine powder.

Then boil three quarts of ſpring (water which would be beſt if from a chalkey ſpring) covering it while it is boiling; and when it has boil'd five minutes, pour it hot into a clean veſſel, and mix with it about three ounces of the powder, ſtirring it well as ſoon as the powder is in.

Set it by for two or three days, and then filter it, putting up the clear liquor in a bottle, and ſtopping it well.

When you have occaſion to uſe this water, make it as hot as it can be endured, and apply it to the wound by dipping a linnen rag into it; this may be repeated twice a day, and three times the firſt day; then bind on a linnen cloth well ſoaked in the ſaid liquor.

And if the wound happens to be deep, although it ſhould be fiſtulous, you may force in ſome of this warm with a ſyringe, and it will effectually cure it.

Y

YEANING.

WHEN the time of ſheeps yeaning is near, the ewes ought to be carefully obſerved, and be well nouriſhed, for if they are not in good ſtrength, they will not be able to deliver their lambs; and muſt be watch'd as well by night as by day; and where an ewe cannot deliver her lamb, ſhe ought to be helped by the ſhepherd, by ſetting his foot on her neck, and with his hands taking it gently from her; which is the more eaſily done if the lamb comes with the head forward.

If the rump be foremoſt he muſt put in his fingers and put a ſmall cord about both the lambs feet and ſo draw it out.

If the lamb happens to lie over-thwart or croſs, then he muſt with a ſharp knife cut the the lamb in three or four pieces and ſo take it out.

To facilitate the yeaning of lambs in caſes of neceſſity, nettles boil'd in malmſey and green wile, will open the neck of the matrix; anniſeed boil'd in ale or wine; the juice of penny-royal ſtamp'd and given; alſo wild parſnips ſtamp'd ſtrain'd and given, *&c.*

YEAST or BARM, is of extraordinary uſe to excite fermentation in liquors, as wort and other fermentable liquors. The yeaſt on the top of wort is the flower of ale, a great number of the ſpirituous particles, wrapp'd up in a viſcid, light body, is criſp, rare, and feculent, ſwims at the top; and after the drink is fermented and ſettled, it gradually condenſes and ſubſides or ſinks to the bottom; and if the drink be ſhaken or moved, or the air contain'd in it be rarefied, the ſubtilty, fineneſs and ſmalneſs of thoſe ſpirituous particles, that were lock'd up in the viſcid body, which is alſo light, cauſe the yeaſt again to mix with the ale, mount up to the head, and put it again upon the fret.

Again yeaſt is alſo of ſingular uſe in making bread, for without it wheat flour would make the heavieſt bread of all grain, which would therefore be of the hardeſt digeſtion, and ſo very prejudicial.

It would ſoon render the whole parts of the body viſcid and clammy, and fur its veſſels with a mucus almoſt inſeparable; only to be attenuated by perſons conſtantly employ'd in the hardeſt labours; but by the addition of the yeaſt it makes the rareſt, moſt porous, palatable, digeſtible, light and nutricious bread of any grain.

Yeaſt is alſo of medicinal uſe, when apply'd to any part of the body by way of poultice; the heat of the body by rarefying and ſeparating its ſubtile parts from the viſcid, renders them able to penetrate the ſkin, rarefy the incloſed, impacted or glutinous matter and diſpoſe it to ſuppuration and digeſtion and brings ſwellings to a head, which would not be otherwiſe broken.

And is therefore generally reputed a great drawer. On the contrary, if the matter of the ſwelling be contain'd in ſuch veſſels of the body that have not intirely loſt their elaſtick tone and force, and the viſcid matter or humour be yet moveable, a poultice of yeaſt and tops of wormwood, apply'd to the part do ſo rarefy the humour and ſtrengthen the veſſels as to cauſe the humour to move in its canals, and mix with the fluids of the body, as to diſcuſs the ſwelling.

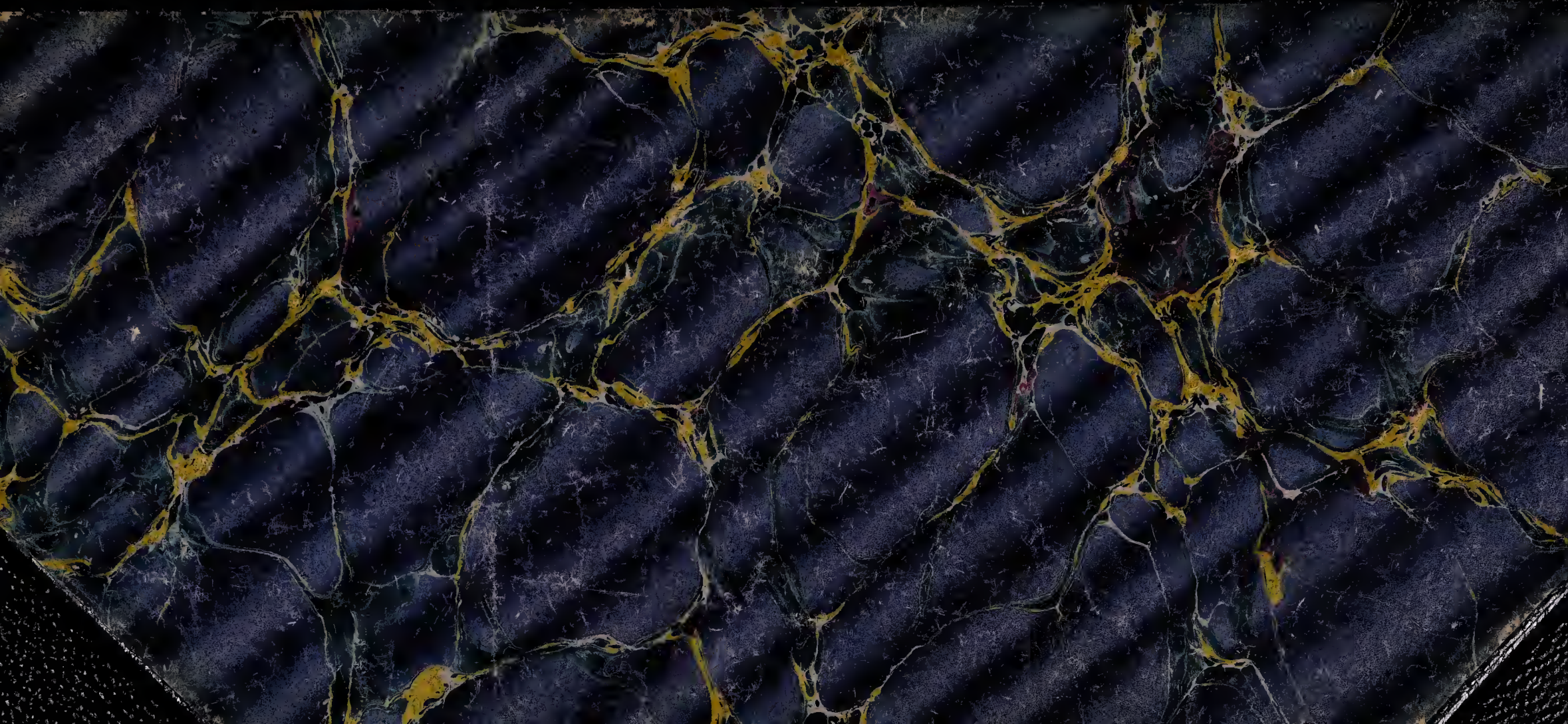
Again yeaſt is uſeful for ſeveral purpoſes in houſewifery; as for clearing and cleaning veſſels of braſs, and that with more eaſe and leſs waſte of the metal than by uſing any other matter.

It is alſo very excellent for cleanſing the body from dirt and filth, and rendering the ſkin ſmooth and clear.

Of the YELLOWS *in Cows.*

Some call this diſtemper the gall in cattle, and may be known by the running of the eyes, and a large quantity of yellow wax in their ears; as alſo by a yellowneſs appearing under their lips.

This diſtemper commonly proceeds from the cattles eating ſome unwholeſome food or from poor diet.

For the cure. Take one ounce of wood-ſoot powder'd fine, plantain and rue, of each an handful, 8 large cloves, ſtamp them; hempſeed one ounce, or the tops of hemp an handful; boil theſe in 3 pints of freſh human urine, or as much old ſtale beer, and paſs it through a ſieve; give about a pint of the liquor to a cow, and rub her tongue and the roof of her mouth with ſalt, and chafe her back with human urine.

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